



## Wing Chun Kung Fu Bamboo Ring: Martial Methods and Details of the Jook Wan Heun of Wing Chun

By Mr. Tyler Rea

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The Wing Chun Bamboo Ring or Jook Wan is a rare and lesser known training method used in the system of Wing Chun Kung Fu. In this volume the details of the Sup Yat Wan, or 11 Ring Sets, are presented along with general history, structural details, martial maxims, terminology and much more for the Bamboo Ring of Wing Chun Kung Fu.

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