



The Way of the Intercepting Fist: Clarification of the Basic Organization of Movement in Wing Tsun/Wing Chun (Paperback)

By Oliver Groß

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A helpful tool for any Wing Tsun / Wing Chun enthusiast. The basis of this book is Oliver Gross diploma thesis. The mechanism of the Wing-Tsun defensive movements is dealt with fundamentally and comprehensively. This takes place against the background of the existing theories (especially Dr. K. R. Kernspecht) and from different sports-science perspectives, such as sports psychology (cognitive architecture), biomechanics (utilization of the opponent's energy) and physiology. Finally, the findings obtained are compared with the common Wing-Tsun philosophy.

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