

Womans Fist - A Cookbook: Self Defense for Women Using Wing Chun - Volume 1, The Basics



This book is a no nonsense, practical and effective approach to self defense. It doesn't teach you a quick fix self defense against a willing partner, but gives you the basics behind the techniques. It shows which part of your body can be used as a weapon, their ranges, which one is effective to which target, the correct structure to deliver them and a lot more. It will teach you Wing Chun principles, footwork, hand techniques, using both hands simultaneously, using minimal force, cutting angles for optimal leverage, destroying structure, overwhelming counter-attacks, how to apply Chin Na (joint locking) effectively to immobilize your assailant, among others...

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