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How To Do Chi Sao: Wing Chun Sticky Hands

Sam Fury

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Learn Wing Chun Chi Sao and You Can Be as Fast as Bruce Lee and Grand Master Ip Man!

How to do Chi Sao: *Wing Chun Sticky Hands* will teach you the exercises needed to develop lightning reflexes.

Do you know how Bruce Lee, Ip Man and other Wing Chun kung fu masters seem to know when and where their opponents will strike?

It's not something you are born with, **ANYONE can develop it**, through the practice of Wing Chun Chi Sao aka Wing Chun Sticky hands.

Chi Sao (Sticky Hands) is a Wing Chun Kung Fu training exercise used to develop touch sensitivity (as well as having many other benefits).

Enhance your Wing Chun Kung Fu ability in the same way Bruce Lee did and learn to read your opponents' intentions and respond to his movements much faster than you could by eye alone.

Inside How to Do Chi Sao

* **Over 25 detailed Wing Chun Chi Sao drills/exercises** with clear step by step instructions and easy to follow illustrations.

* Learn the basics of drills, the centerline principle, stance and correct hand positions.

* Classic **time-honored Wing Chun Chi Sao training** drills such as Luk Sao, Dan Chi Sao and Lap Sao.

Learn the Chi Sao Drills So You Can...

* Attack and defend from the four different hand positions.

* Incorporate kicks, knees and elbows into the Chi Sao drills.

* Move freely during the Chi Sao drills.

* Progress all the way to Chi Gerk (Wing Chun Sticky Hands for the legs).

... and much, much more!

Get your copy of How to Do Chi Sao TODAY and develop lightning fast Wing Chun Kung Fu reflexes like Bruce Lee and Ip Man!

Progressive Exercises for Easy Learning of Wing Chun Sticky Hands

* Work your way up from basic hand positioning **all the way up to free flowing Chi Sao.**

* All the fundamentals (and more) are covered so you can continue to progress on your own.

* Learn Wing Chun Chi Sao in a way that is *adaptable to real fighting scenarios.*

How to Do Chi Sao Bonus

Get access to all the latest Survive Travel publications FREE!

Check Out What Others are Saying About How to Do Chi Sao

***** Easy to follow book to teach yourself Chi Sao. - Amorous.

***** Excellent book on Chi Sao. - Daniel Smith.

***** … a step by step method to build you confidence in chi sao. - Sumit.

***** This is a great book to learn the concepts of Wing Chung. Initially I thought it might be more theoretical, but Sam Fury does a great job of writing a step by step process for practical learning of the method. He is a through instructor in this book and it is obvious that he has had intensive training and experience in this area. - Amazon Customer.

***** Wow! This book is perfect! A must have book for anyone who wanna learn how to do Chi Sao. It is very well written and I cannot thank Sam Fury enough for writing this book. Well done! - Katniss Roberts.

***** This is a very excellent book for beginners of wing chun chi sao I highly recommend it. - Ryan.

Get your copy of How to Do Chi Sao TODAY and develop lightning fast Wing Chun Kung Fu reflexes like Bruce Lee and Ip Man!

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From reader reviews:

Armando Rodgers:

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Joseph Jackson:

Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information that may give you benefit in your life. Having book everyone in this world may share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their own reader with their story as well as their experience. Not only the story that share in the textbooks. But also they write about the knowledge about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors these days always try to improve their ability in writing, they also doing some exploration before they write on their book. One of them is this How To Do Chi Sao: Wing Chun Sticky Hands.

Dennis Gaines:

People live in this new day of lifestyle always attempt to and must have the spare time or they will get lot of stress from both day to day life and work. So , once we ask do people have free time, we will say absolutely of course. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to a person of course your answer may unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, the particular book you have read will be How To Do Chi Sao: Wing Chun Sticky Hands.

Lisa Gregory:

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