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Grandmaster William Cheung, Teacher And Mentor To The Late Bruce Lee In Hong Kong In The 1950s, Has Been Teaching Wing Chun Kung Fu For 45 Years. He Has Appeared On Over 40 Magazine Covers Worldwide, And Has Been Awarded The Black Belt, Inside Kung Fu And Blitz Hall Of Fame Awards. Gran Jun 3th, 2024

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By Sifu Tyler Rea - The Wing Chun Archive

Within Wing Chun, Kwan Sao Is The Integrated Transi-tion And Deployment Of Bong Sao (primarily Dai Bong Sao—Lower

Wing Arm) Changing To Tan Sao (Dispers-ing Hand). The Action Of Transition And Change Occurs On Right And Left Sides, Passing Through All The 4 Gates (Say Moon) With Bo Jun 2th, 2024

In WING CHUN

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Basic Wing Chun Training Preview

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