



My Practical Wing Chun Tao: The Book of Siu Nim Tau (color edition) (Volume 1)

Michiel Contant

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My Practical Wing Chun Tao - The book of Siu Nim Tau is the first book of its kind by Michiel Contant, and describes his personal martial arts journey and is by no means the official Practical Wing Chun handbook; these are his personal notes coming from his years of training during seminars, private and public training sessions This color edition of the Book of Siu Nim Tau offers background of Practical Wing Chun, full explanation and over 250 color photo's illustrating the first Wing Chun form – Siu Nim Tau. It contains the full Siu Nim Tau curriculum for each of the student grades including detailed exercises.

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