



Basic Wing Chun Kuen: Art and Science

By Hendrik Santo

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Finally, explained! The Six Core Elements, the Thirteen States and the Three System Keys! In this work, you will have experienced Hendrik Santo's more than 40 years of research to improve not only your Wing Chun Kuen, but to also address areas where you can be a balanced human being. Wing Chun Kuen Basic Art and Science will take you on a journey from the Physical Body, addressing the Mind, teach you how to adjust your Breathing, become aware of Energy that courses in your body, explain what is Strength in the martial arts, and how to utilize Momentum, to finally become a holistic and Balanced individual.

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Editorial Review

About the Author

Hendrik Santo, MScEE, is a power management semiconductor design architect based in the Silicon Valley California. With over 40 years research in Wing Chun Kuen, and more than 20 years research in the Six Healing Sounds, this is his second book. He was a student of the Chan Patriarch, the late Venerable Master Hsuan Hua. Hendrik was a student of the late Grandmaster, Cho Hung Choy of the Yik Kam Wing Chun Kuen lineage. He is also a grand student of Grandmaster Ma Li Tang of the Six Healing Sounds.

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