



# Basic Wing Chun Kuen: Art and Science

*Hendrik Santo*

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## **Basic Wing Chun Kuen: Art and Science** Hendrik Santo

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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