



# **Tao of Wing Chun Do: Mind and Body in Harmony (Volume I, Part I)**

*James W. DeMILE*

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Wing Chun Do Kung Fu, a scientific and effective martial art, reality based self-defense, based on biomechanics and natural strength, as defined by Sijo James DeMile, a Bruce Lee student during the Seattle years. Vol. 1, part 1.

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