

This book is an uncluttered, straightforward, and simple manual for anyone to start his or her journey in learning *Wing Chun*. *Becoming the Path of Wing Chun: Thought, Action and Awareness* is not put together as a step-by-step or how-to book. It is a simple yet very good guide to help a student learning *Wing Chun* to better understand the art, and to help in the teaching of the art.

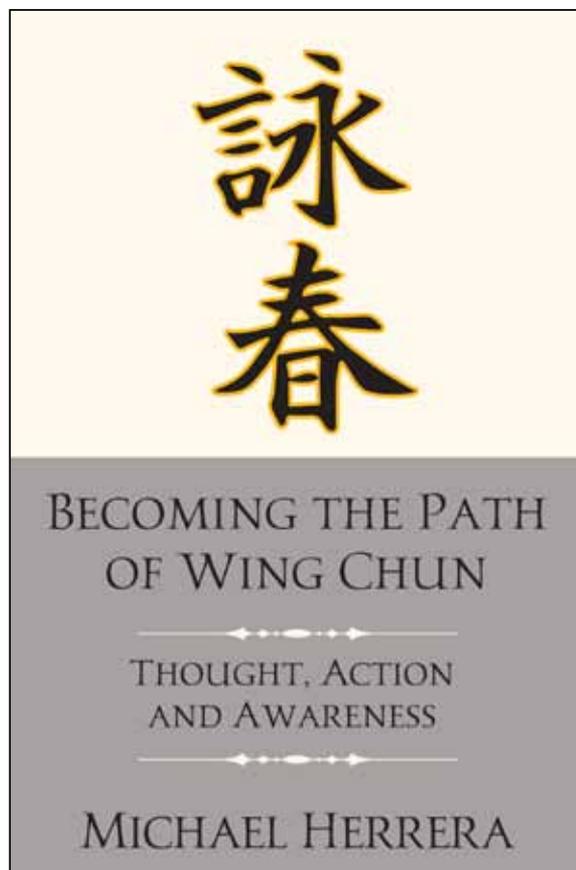
There is a quote by Shunryu Suzuki in the introduction that says, “It is easy to have calmness in inactivity, it is hard to have calmness in activity, but calmness in activity is true calmness.” This is exactly what we *Wing Chun* practitioners learn and keep learning as we continue our study. There are many other quotes throughout the book that are very good and are not directly related to *Wing Chun* but are nonetheless superb sayings that are great for depicting lessons for *Wing Chun*.

If you are looking for a book that has lessons or step-by-step instructions on how to do certain drills then this book might not be for you. Or, on the other hand, it might exactly be what you are looking for. I say that because the author, Michael Herrera, describes the concepts of *Wing Chun* in a way that brightens your path

of understanding the aspects of this system.

The way Michael assembled the book makes understanding effortless at any stage or lineage of learning *Wing Chun*, from a

beginner to an experienced practitioner. He explains how to use *Wing Chun* in your daily life and not just how to use it to kick and punch in a fight. Using this book as a guide for the foundation of learning



**BECOMING THE PATH OF WING CHUN
THOUGHT, ACTION, AND AWARENESS**

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Wing Chun, the reader will be able to grasp more of the inner workings of the system.

This book is very well written, and I am impressed with the information in each chapter. From the beginning to the end, the information is there for you to absorb. The information is beneficial and can be referenced repeatedly as your journey begins or continues to “becoming the path of *Wing Chun*”.

There is a list of common terms used in class that can be helpful. Michael explains that some terms may not be listed or are spelled differently or translated a little differently. However, this is done to aid the reader as a guided resource on their journey for learning and refining a style of *Wing Chun* that they can call their own.

If you want to learn techniques, you will not find it in this book. However, the knowledge in here could help you better understand the techniques you are searching for. Every *Wing Chun* person should have a copy of this book—no questions asked. *Becoming the Path of Wing Chun: Thought, Action and Awareness* comes highly recommended not to put on your shelf, but to use as a reference for learning and teaching.