



A Path of Mastery: Lessons on Wing Chun and Life from Sifu Francis Fong

Jim Brault

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With over 50 years of experience in Wing Chun Kung Fu, Sifu Francis Fong is recognized as one of the top Wing Chun instructors and martial artists in the world. A Path of Mastery contains lessons taught to Senior Instructor Jim Brault through thousands of hours of training over more than two decades. These lessons can no doubt help you to improve your martial arts ability. Perhaps more importantly, they will also improve your life. This book is your opportunity to learn from one of the great teachers of our time.

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