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Part biography, part training manual, this hybrid work had its genesis at the first international gathering of Wei Kuen Do instructors, held in California in 2012. At this unprecedented event, the Founder and Headmaster of the Wei Kuen Do system--Leo T. Fong--promulgated the first official syllabus of his art and awarded instructor ranks in this system. Many of those fortunate enough to attend this martial conclave worked together over the years that followed to put together a book intended to tell the story of this true master, the art he created, and the way he teaches. The history, tradition, techniques, and principles contained in this book are, in the words of master Fong, “the foundation on which the art is built.”

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