



The Making of a Butterfly: Traditional Chinese Martial Arts As Taught by Master W. C. Chen

Phillip Starr

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The only American heir to W. C. Chen, Phillip Starr continues the master's teachings in this useful guide that also profiles the exciting early years when martial arts were still new in America. Through this entertaining collection of personal anecdotes involving Master Chen, the author, and his classmates, readers learn a particular aspect of the traditional martial arts. Included are explanations of the importance and meaning of courtesy and the custom of bowing, the significance of training with weapons and how it impacts bare-handed skills, and the value of traditional forms and how they relate to actual combat.

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