

Wing Chun Forms Step By Step

Wing Chun's famous Wooden Dummy form is illustrated in step-by-step photos with footwork diagrams for each motion and its practical applications in self defense. Includes plans for building a Wooden Dummy, along with instructions for mounting and for building a sturdy portable stand.

William Cheung reveals the original wing chun bil jee form taught only to him by the late Yip Man. Though the form is central to this book, the wing chun system, central-line theory, and techniques demonstrated are offered with hopes of illustrating a scientific approach that is beneficial to all martial arts and their practitioners.

This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.

Wing Chun is the most popular form of Chinese Kung Fu in the world today, with over four million practitioners. The art as it is presently understood has been handed down from teacher to student for more than three hundred years. Until now, no one has ever stepped back and taken a critical look at why this art’s techniques are presented and performed the way they are. This book, by Wing Chun master Danny Xuan and martial-arts authority John Little, is the first to decipher these techniques that until now have been encrypted within this art. Xuan and Little reveal how Wing Chun was designed holistically, based on the laws of physics, human nature, and biomechanics. It was also designed with economy, efficiency, and productivity in mind. Unlike other martial arts, Wing Chun doesn’t focus on making a person larger, more rugged, acrobatic or animal-like; rather, it focuses on making optimal use of one’s own bodily structure and power potential by applying the sciences of biomechanics and physics. Thus, it is possible for males and females of all ages and sizes to excel in this art. The Tao of Wing Chun provides a readable, authoritative means of cultivating personal protection skills, enhanced flexibility, improved coordination, greater stamina, and physical and mental fitness while simultaneously cultivating humility, focus, determination, self-confidence, character, camaraderie, and deep inner strength. Foremost, this book offers the reader the means by which to apply Wing Chun principles in daily life. Enhanced by forty-eight full-color illustrations, The Tao of Wing Chun will fascinate, educate, and entertain a wide range of readers—from beginner to master.

Monkey Boxing Forms

Complete Wing Chun

A Complete Guide

116 Wing Tsun Dummy Techniques

SIMPLY WING CHUN KUNG FU

Seeking the Bridge

Introducing a new scientific approach to Wing Chun kung-fu, this book gives a clear and detailed exposition of once closely guarded techniques. Rejecting the secretive approach that characterizes much of martial arts writing, the author draws upon biomechanical theory to explain logically and scientifically how the techniques of Wing Chun kung-fu work. After an explanation of the theory behind the various Wing Chun moves, the reader is led step-by-step through each of the forms. Chi gerk and chi sao, the Wing Chun sticky-hand and sticky-leg techniques, are explained and liberally accompanied by 183 photographs detailing the important moves. An additional section devoted to weight and power training for the martial artist makes this book invaluable, not just for those interested in Wing Chun kung-fu, but for practitioners of any martial art.

Straightforward and efficient, Wing Chun Kung Fu is one of the most popular forms of Kung Fu because it emphasizes techniqu over strength. By using the skills of Wing Chun Kung Fu, a smaller and weaker person can easily overcome a larger strong opponent. With its focus on technique rather than force, it is suitable for both men and women, young and old, and for those of all levels of physical fitness. Grandmaster Ip Chun is regarded as the world’s leading authority on Wing Chun. Bruce Lee--Wing Chun's most famous student--was taught by Ip Chun's father, Grandmaster Ip Man. Michael Ise is also a highly respected Qigong and martial arts master. Together they demonstrate that first form of Wing Chun (Siu Lim Tao) and show how it can be used for self-defence. They also outline the history and the art of Wing Chun and discuss its many other benefits, which include Increased Energy and Vitality Greater Confidence and Inner Strength An Understanding of the Skills and Benefits of Meditation With expert instruction and more than 100 step-by-step photographs, Wing Chun Kung Fu makes it easy to master the power and grace of this ancient martial art.

Master the many styles of Wing Chun Kung Fu with this expert martial arts guide. With the fame of Bruce Lee, the conditions in Hong Kong, and the hard work and effort of many of his classmates, the Wing Chun of the late master Yip Man became one of the most well-known and popular Chinese martial arts in the world. Although this gave Wing Chun international recognition, it also led to a lot of misconceptions. Due to a lack of authentic information, many mistakenly came to assume that the renowned Yip Man was the sole inheritor of the style and that his Wing Chun was the lone version of the art. In fact, there are several different and distinct systems of Wing Chun. Unfortunately, over the years most of these systems have remained unseen or unreported to all but a few!until now. Profusely illustrated with over 300 historical photographs, Complete Wing Chun: The Definitive Guide to Wing Chun's History and Traditions presents seldom seen information on a dozen branches of the Wing Chun art. It offers the reader side-by-side comparison of these arts by outlining each system in terms of Wing Chun history, principles, basics, and training methods: Yip Man Wing Chun Yuen Kay-San Wing Chun Kuen Gu Lao Wing Chun Kuen Nanyang Wing Chun Kuen Pan Nam Wing Chun Kuen Pao Fa Lien Wing Chun Kuen Hung Suen Wing Chun Kuen and more!

Edited by Bruce Lee and featuring jeet kune do legend Ted Wong, this book introduces the reader to the sil lim tao form, the immovable-elbow and centerline theories, chi sao (sticky hands), trapping, and much more. Wing Chun Kung-Fu continues to set the standard for martial arts instructional books, and it has become the perennial study guide for kung fu enthusiasts of all skill levels.

Training Manual

The Personal Combat Handbook of the Taiwan National Police

F.U. Money: Make as Much Money as You Damn Well Want and Live Your Life as You Damn Well Please!

Wing Chun Kung-fu Volume 1

The History and Principles of China's Most Explosive Martial Art

Wing Chun Bil Jee, the Deadly Art of Thrusting Fingers

Wing Chun Kung Fu, widely regarded as the most effective Martial Arts system in the world today. Known as the 'Intellectual Fighting Art' for its scientific approach to combat, the system presents the practitioner with a simple, straightforward and efficient way of dealing with violence. The pages of this book, build upon the concepts discussed in the first volume 'Comprehensive Theory and Applications of Wing Chun Jin Kuen', exposing the reader to the intricacies of the Wing Chun systems first form, 'Sui Lum Tao'. Presented in a unique way, not only are the applications of the forms movements discussed in detail, but also the feeling of the structures, when practiced in form and with a training partner. Whether a beginner or seasoned practitioner of the Skill, this is a reference book that will shed new light on many of the systems methods, and further expand your understanding of this amazing Martial Art, a must for any serious practitioners reference library.

Analyzing the systems concepts, theory, physical exercises and fighting application, the reader is taken from the basic ideas of the system into its advanced stages of training in order to maximize the physical and mental benefits gained from its practice. The Sui Lum Tao and Chum Kiu form actions and applications are discussed in detail and explained in a way the reader can understand slowly and fully, with the exercises commonly practiced within the system broken down to their individual component parts. The technical information is based on Wing Chun practices that transcend lineage, but adhere to the universal principles of the system, exposing information and training methods that could be currently lacking from your daily practice. From a novice to the martial arts to an advanced practitioner, fighter to philosopher, this book will help you achieve much more from your dedicated practice.

Wing Chun Kung FuTraditional Chinese King Fu for Self-Defense and HealthMacmillan

Covers the principles of the forms for Baat Cham Dao (the eight slashing or chopping knives form) and Luk Dim Boon Kwun (six and a half point pole).Gives clear, concise explanations of the shape, structure and movements of the weapons forms, and applications where appropriate.Illustrates each section of the forms in detail with step-by-step photographs.Provides an essential training checklist to each key technique within the forms.Examines the benefits of training in the weapons forms.

Wing Chun Kung-Fu

The Wing Chun Compendium, Volume One Traditional Wing Chun - The branch of great master Yip Man Wing Chun Kung-Fu Volume 3 A Social History of the Southern Chinese Martial Arts

A black-and-white paster of Grandmaster Yip Man included. The only book teaches you the complete set of the ½REAL½ WING TSUN (WING CHUN) WOODEN DUMMY techniques and the applications. The book contents a description of the origin and development of the Wing Tsun dummy, illustrations of the wooden dummies, the 116 Wing Tsun (Wing Chun) dummy techniques, Applications and explanations of the Wing Tsun dummy techniques, as well as the story of Yip Man.

Master the effective, practical style of Kung Fu practiced by the Taiwanese police with this illustrated martial arts guide. Police Kung Fu: The Personal Combat Handbook of the Taiwan National Police is a comprehensive approach for the realistic use of traditional kung fu by law enforcement and corrections officers—and ordinary citizens—to maximize personal safety while minimizing the necessary use of force. Lavishly illustrated with photographs of Taiwanese police officers systematically demonstrating tactics that have been used with great effect for several decades in Taiwan, Police Kung Fu teaches responses to unarmed attackers and to attacks with guns, knives, and assorted clubs and other weapons, as well as police baton techniques for individual and crowd control. With a thorough grounding in traditional Wing Chun kung fu, renowned for its direct power and speed, the police training demonstrated in this volume is readily adaptable to a wide variety of controlled-force situations. Police Kung Fu is a great resource for every law enforcement professional and those interested in the martial arts and self defense.

In Wing Chun Kung-fu Volume 3: Weapons & Advanced Techniques, the final Wing Chun book in this Chinese martial arts series, author Dr. Joseph Wayne Smith applies dynamic scientific methodology to Wing Chun training tools and weapons, providing a complete analysis of why and how each item is used. The reader is led step-by-step through the use of the Wing Chun Wooden-Dummy—a valuable training tool for developing trapping, striking, and kicking skills; the Wing Chun Butterfly Knives—deadly bladed weapons for both attack and defense; and the Six-and-a-Half Pole—a simple but devastating weapon in the hands of the Wing Chun fighter. The author encourages students to recognize the practical and physical benefits of traditional fighting weapons in the modern environment.

Sifu Mark Beardsell is certified in both in the Wing Chun Pole and Knife form and the application for each, because of his disability, he is unable to flip the blade on his right hand side, so he was set the task by his Sifu to logically modify the form so it would work for him, however that said he teaches the form as its passed on to everyone else, the contents of this book covers his thoughts on the actual reality of the weapons. In addition to this he also has trained in using the samurai and ninja swords, and he has over 150 hours of training in the sword and he has trained things such as clashes, blocks, sword positions, cutting directions, stances, kata’s and so when he analyses if the butterfly knives will work against the sword he has first hand experience from both sides.

Wing Chun Kung Fu

Traditional Chinese King Fu for Self-Defense and Health

Modified Wing Chun Kuen

Basic Wing Chun Training

Police Kung Fu

Ip Man Wing Chun - the Best Book on Wing Chun Kung Fu - English Edition - 2018 * New*

A series of forms designed for Al Case Monkey Boxing.The first three forms are basic forms, much like karate.The last six forms begin with specific movements and are matrixed to make a complete art.It is quite fascinating to watch how I develop, step by step, into something that is complex, beautiful, and works better than the traditional forms.As one goes through the forms one will achieve much better conditioning, and a much more disciplined mind.About the Author Al studied Chinese Kenpo Karate, Kang Duk Won Korean Karate, and several other forms of Karate. He studied Ton Too northern Shaolin, Fut Ga Southern Shaolin, Wing Chun, and many other forms of Kung Fu. He studied many forms of Pa Kua Aikido, and many weapons. He is the originator of Matrixing (the only true science of the martial arts) and Neutronics, the philosophy behind Matrixing. He currently teaches in the Los Angeles area.

Are you TIRED of the RAT RACE? Do you wish you had MORE TIME and MORE MONEY? Would you like to NEVER WORK AGAIN? If you answered æoeYES!æe, then you need to look no further than Dan æoeoThe Manæe Lokæe(tm)'s new book - F have ever thought to yourself: How come I have to keep back to this DEAD-END JOB? How can I make enough money to afford to STOP WORKING and START HAVING FUN?? When will it be MY TURN to live the GOOD LIFE???Imagine how you know what it really takes to make more money that you have ever dreamed possible.For instance, can you imagine that... All the money stress in your life suddenly vanishes? You get to fire your boss and tell him where to shove it? Talk as long as you want? You are living in the house of your dreams, driving the car of your dreams and also have a boat and a cabin and even a plane if you want? You can afford to give your children the perfect, healthy, fun and fulfilling child give them?In this no-nonsense, no-holds-barred guide, international entrepreneur, best-selling author, and self-made multi-millionaire Dan Lok shows you how to live the lifestyle you reallywant without having to work or rely on anyone else.

WSL Ving Tsun Kuen Hok is the legacy of the late Sifu Wong Shun Leung, one of the most famous and formidable students of Ving Tsun (Wing Chun) Gung Fu patriarch, Grandmaster Ip Man. In this volume, Sifu David Peterson, author and s Leung, presents a detailed overview of the entire WSL Ving Tsun Kuen Hok method in the form of individual essays that explore the forms, concepts, techniques and drills that comprise the legacy of his teacher, as well as an exclusive look teacher, Grandmaster Ip Man. The book also discusses the very important connection between Sifu Wong and the late Bruce Lee, to whom he was a mentor, teacher and friend. Fully illustrated, in both colour and black-and-white, with new with an extensive appendix containing extra references for the reader, WSL Ving Tsun Kuen Hok: An Overview in the Form of Essays is a book that all practitioners of Ving Tsun should have in their reference collection.

WING CHUN IP MAN - THE BEST BOOK ON WING CHUN KUNG FU ENGLISH VERSION *****If you buy the Paperback Version of this Book you'll get the Kindle Book version for FREE***** AFTER THE GREAT CINEMATOGRAPHIC SUCCESS "IP MAN", THE STYLE OF KUNG FU CALLED "WING CHUN" IS COMEBACK I'm author of the book "IP MAN WING CHUN". Along the time I have practiced kung fu in several Italian schools, and I've participated in numerous stage, with several very important Chinese and European. I have conduct also numerous theoretical studies on the history of Wing Chun and on the philosophy on which this style of Kung Fu is based on. Many of these principles you will find in this book The book "IP MAN V a condensation of several years of my studies and research on Wing Chun and Kung Fu in general. The focus of this book is to transmit in a simple way through images, photos and words, the foundation of the system from which you can training solo, and in a second time to go deeper with a professional master. His reading is suitable for all types of people, from beginners to more experienced practitioners. THE INTENT OF THE WORK IS ALSO TO GIVE A COMPENDIUM AT NE GIVING THEM IMPORTANT TECHNICAL DETAILS WHICH PROBABLY BY THE COMMON MASTERS ARE NOT TRANSMITTED AND KEPED SECRETS. THIS BOOK WILL NOT TALK JUST ABOUT POSITIONS AND TECHNIQUES, BUT HE REGARDS ALSO ABOUT THE FUNDAMENTALS OF THE PRINCIPLES OF THE BODY, WITHOUT WHICH THE WING CHUN CANNOT WORK PROPERLY. THE BOOK IS ALSO A WAY TO HAVE A CERTAIN CODIFICATION OF A STYLE THAT FOR YEARS BY TRADITION HAS BEEN TRANSMITTED JUST BY ON ORAL WAY, WITH CONSEQUENT LOSS OF IMPORTANT TECHNICAL INFORMATION WHAT YOU WILL FIND INSIDE OF THE BOOK: - MORE THAN 200 PHOTOS WITH DESCRIPTION, INHERENT TO FORMS, TECHNIQUES AND APPLICATIONS - MORE THAN 50 DRAWINGS RELATED TO THE DETAILS OF THE TECHNIQUES - HISTORICAL PHOTOS OF THE KUNG FU AND THE MARTIAL ARTS - THE REAL STORY OF THE WING CHUN - EXPLANATIONS ABOUT THE HISTORY OF IP MAN AND BRUCE LEE - THE TECHNIQUES AND FORMS OF THE WING CHUN EXPLAINED BY STEP BY STEP - THE SECRET PRINCIPLES OF THE WING CHUN EXPLAINED BY STEP BY STEP - THE ACCURATE DESCRIPTIONS OF THE ENTIRE FIRST FORM WHAT YOU WILL LEARN: - TO LEARN ALL THE MOVEMENTS OF THE FIRST FORM OF WING CHUN - THE BASIC AND ADVANCED DEFENSE OF THE WING CHUN - WHAT IS THE BEST STRATEGY TO DEFEND ALL TYPES OF EMPTY HAND ATTACKS THE SPECIAL TECHNIQUE OF THE WING CHUN OF CHAIN PUNCHES (LEEN WAN CHOY) - THE BRUCE LEE ONE INCH PUNCH TECHNIQUE - THE BASIC STEPS OF THE WING CHUN - THE BASIC PRINCIPLES OF THE WOODEN DUMMY - THE ADVANCED BIO MECHANICAL PRINCIPLES WITH WHICH THE WING CHUN WORKS - FROM WHERE THE KUNG FU IS DERIVED AND ITS PHILOSOPHICAL PRINCIPLES THAT ARE AT THE FOUNDATION FOR A CORRECT FORMATION OF A CULTOR OF MARTIAL ARTS - USEFUL INFORMATION ON SCHOOLS, TEACHERS OF WING CHUN DIFFERENT IN EUROPE AND IN CHINA

The Creation of Wing Chun

Wing Chun Weaponry

Free Fighting Techniques

Basic Forms & Principles

Wing Chun Weaponry - Home Study Edition - Wing Chun Kung Fu - Learn The Knives and Pole

Advanced Wing Chun

Following on from the success of Simply.....Wing Chun Kung Fu and Wing Chun Kung Fu - The Wooden Dummy, Sifu Shaun Rawcliffe presents a thorough guide to the weapons forms in Wing Chun Kung Fu. The Knives and Long Pole forms provide advanced classroom training for the Wing Chun student and instructor. Weapons training focuses on core elements of power usage and precision, improving stance, structure and strength. Mastering control of the weapons focuses on the need for total body control and absolute accuracy of movement.Covers the principles of the forms for Baat Cham Dao (the eight slashing or chopping knives form) and Luk Dim Boon Kwun (six and a half point pole).Gives clear, concise explanations of the shape, structure and movements of the weapons forms, and applications where appropriate.Illustrates each section of the forms in detail with step-by-step photographs.Provides an essential training checklist to each key technique within the forms.Examines the benefits of training in the weapons forms.A comprehensive and valuable guide to the weapons forms in Wing Chun Kung Fu.Concise explanations of the shape and movements of the weapons forms are given.Aimed at advanced Wing Chun students and instructors.Each section of the forms are illustrated in detail with approximately 350 colour photographs.Sifu Shaun Rawcliffe is one of the most highly qualified and certified Wing Chun instructors in the world.

In this book, the keys to the Ip Man Wing Chun Kung Fu system are explained. The three hand sets are shown in detail, along with the application of the key movements. One of the keys to Wing Chun is laying a proper foundation. The first form Siu Lim Tao (Little Idea) is the development of that foundation. Here, you will be introduced to the proper reference points for the structure of the defensive tools and offensive weapons of Wing Chun. The second form, Chum Kiu (Seeking the Bridge), introduces the keys to fighting application of Wing Chun. While the first form teaches the correct structure of the attacks and defensive movements, it is in Chum Kiu that the student learns to seek the bridge and use both hands simultaneously, such as one hand defending while the other attacks. Chum Kiu teaches stepping and footwork, and also Wing Chun’s specialized kicking method and the generation of power thru the correct method of using the entire body in stance turning (Yiu Ma). The third form,

Looks at southern Chinese martial arts traditions and how they have become important to local identity and narratives of resistance. This book explores the social history of southern Chinese martial arts and their contemporary importance to local identity and narratives of resistance. Hong Kong’s Bruce Lee ushered the Chinese martial arts onto an international stage in the 1970s. Lee’s teacher, Ip Man, master of Wing Chun Kung Fu, has recently emerged as a highly visible symbol of southern Chinese identity and pride. Benjamin N. Judkins and Jon Nielson examine the emergence of Wing Chun to reveal how this body of social practices developed and why individuals continue to turn to the martial arts as they navigate the challenges of a rapidly evolving environment. After surveying the development of hand combat traditions in Guangdong Province from roughly the start of the nineteenth century until 1949, the authors turn to Wing Chun, noting its development, the changing social attitudes towards this practice over time, and its ultimate emergence as a global art form.

Wing Chun is a logical, scientific yet simple Chinese martial art system, which was developed purely for practical and effective self-defence for everybody. It is a martial art known for its efficiency and economy of movement, which emphasizes natural and efficient use of the body. Topics include: the fundamental principles of the hand and leg techniques; detailed explanations of the shape, structure and movements and a checklist for each technique; a detailed analysis and explanation of each of the 'empty hand' forms; an in-depth explanation of the principles and concepts behind Chi Sao, Wing Chun's 'sticky hands'; a scientific and anatomical explanation of the basic principles underlying the Wing Chun system.

WSL Ving Tsuen Kuen Hok

Combat Chum Kiu

Wing Chun Kung-fu

116 Wooden Dummy Techniques (Muk-yan-chong-fat).

Weapons & Advanced Techniques

Mook Yan Joang (Wooden Dummy Form)

Ip Man Wing Chun. Understanding Si Lim Tao. Wing Chun Kung Fu is now a famous Chinese Martial Art system used worldwide for self defence and is commonly known for its simple but effective direct lines of attack and defence, as well as attention to detail in all areas, including; fight science; body structure; self development, and good health. Ip Man, through his Wing Chun Kung Fu lineage, is well known today thanks to his most famous student, Bruce Lee, following his rise to fame in the film industry. This full colour book contains a complete guide on the first form Si Lim Tao, Ip Man Wing Chun. Using notes taken directly from seminars and private lessons over a 10 year period both in the U.K. and China, from some of the most senior practitioners alive today, Combining over 200 years’ experience on the Si Lim Tao form. It is a complete and detailed reference of the form as a step by step guide, all applications, theory and science are included, bringing a unique and complete detailed picture of both the internal and external benefits of Si Lim Tao practise, all together for students of any

lineage to benefit from in one place. A look inside the book, *Si Lim Tao*, also known as *little idea form*, overall it means to focus on what you're doing at that time with a calm mind, be in the moment, develop a focus or mindfulness known as *Lim Tao (Thinking Head)* with the ability to problem solve calmly and logically even when under extreme pressure, like when you are in a fight for example or trying to close a difficult sale or business deal. The *little idea*, however is the main focus in the form and that is, on using *Lim Tao* to tap in to the *Fascia kinetic system* of the human body harnessing its power and to develop the *correct elbow engine* through that and what that feels like, including developing it, learning to identify it, understanding what your feeling and maintaining that skill as the internal core of the *Ip Man Wing Chun System*. This is so it can be used to generate structural strength or power generation for attacking as and when needed, using the body for combat in the most efficient way possible. A famous student of *Ip Man's*, *Chu Shong Tin*, was known before his passing in 2014 as the *King of Si Lim Tao*, under his lineage today their main focus is still on the development of *Lim Tao* to develop the *correct Gong Lik*. Although they now refer to it as *Nim Tao* to develop *Nim Lik* and the form as *Si Nim Tao* instead of *Si Lim Tao*. Another famous student to *Ip Man* was the late *Wong Shun Leung* who passed in 1997. He was known as the *king of talking hands* or *King of Chi Sau*, it's interesting to note that he also pointed out the importance of the correct development and understanding of the first form *Si Lim Tao*, as have many other well-known greats of the *Wing Chun world* around this time as a result of *Ip Man's* teaching methods. *Sigong Ip Chun* (son of *Ip Man*) said at a seminar we attended in China in 2012, that "If you get *Si Lim Tao* right you can get the rest of the forms and the system right too, but if *Si Lim Tao* is incorrect, nothing will be correct" This is something I still personally think about all the time. In the same seminar I asked *Sigong Ip Chun*, "If *Ip Man* was still alive today, what would he want me to preserve from the system in my school the most?" his answer was that he felt it would be the idea of *little energy* being able to overcome big force and again developing and understanding that which comes from correct *Si Lim Tao* practice.

The *Wing Chun Compendium* explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by *Wayne Belonoha*—a certified *Ving Tsun Instructor* and *National Certified Coach*, 7th Level, Master Degree—the compendium offers hundreds of tips and techniques specifically designed to help readers advance to the next stage. The *Wing Chun Compendium* is divided into eight sections, including *Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology*. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the *Maai Sang Jong* and *Bong Guek (Sticky Legs)* drills. Covering all three hand forms (*Siu Nim Tau, Cham Kiu, and Biu Ji*), it also provides a detailed examination of each movement and application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over 200 of the most common wing chun terms. The compendium concludes with *Grandmaster Sunny Tang's* special article, "Reflections of *Siu Nim Tau* After 30 Years."

This book is about *Chum Kiu, Wing Chun Kung Fu's* second training set. The sequence of positions was carefully recorded by one of the authors about fifty years ago. He and his students still do this same set. Much of the intelligence that makes up this set has been lost in modern *Wing Chun Kung Fu Schools*. This book uses avatars to illustrate the most advantageous bone alignment against opponents all around one's body. These 124 positions are centered on a conceptual vertical line that runs through a human's center of gravity. This set changes positions in very precise ways. The reader is walked through how to do each position. The rest of the book discusses the transitions between these positions and how they enhance one's ability to control violent attacker's coming from different directions. To this end there are 12 hidden bridge strategies in the *Chum Kiu* set. The stance work from the *Chum Kiu* set is covered first. This provides the fundamental skill for a bridge strategy. Then the bridge strategy fundamental is demonstrated using a mathematically aligned avatar that knows this set. He neutralizes a common street attack from a second avatar from one of the bridge strategy directions. The *Chum Kiu* set was created by a nun, *Ng Mui* who survived the raising of the *Shaolin Temple*. This book attempts to preserve this set as it used to be practiced. Most attacker's can be outmaneuvered by someone who practices this set diligently as part of their daily life. This enhances one's ability to neutralize an attacker without anyone getting hurt by using more brain and less brawn.

This book completes the explanations of the weaponless forms of *Wing Chun*. We've recently thought about publishing the books *Siu Lim Tao, Chum Kiu, and Biu Tze* in a compilation sometime in the future, adding more instructional images to the book in order to answer the questions we've been receiving.

Comprehensive Theory and Applications of *Wing Chun Sui Lum Tao*

The *Wooden Dummy*

Learning *Wing Chun Kung Fu*

Weapons Training

Wing Chun For Street Fighting and Self Defense

Wing Chun Traditional Wooden Dummy

Discusses the history and philosophy of *Wing Chun*, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

Wing Chun, also called *Ving Tsun*, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of *The Wing Chun Compendium* offer a complete guide to the discipline, from theory and philosophy to drills and forms. In this volume, author *Wayne Belonoha* takes students to the next level, focusing on the final three and most advanced forms of the *Wing Chun* system and their associated skills: the "Mook Yan Jong" or wooden man; the "Lok Dim Boon Quan" or six-and-a-half point long pole; and the "Baat Cham Dao" or eight-cut sword form, demonstrated here for the first time by *Grandmaster Sunny Tang*. Also included are distance and angle improvement drills, fighting strategy and training, instruction on proper body mechanics, and "Sticking Hands" techniques. While intended for the serious practitioner, *The Wing Chun Compendium, Volume Two* also teaches the basics of body movement, psychological components of practice and performance, and how to use martial arts for overall self-improvement—factors that can help any martial artists seeking to enhance their physical and mental development. The book includes hundreds of tips and techniques as well as 400 photographs.

Master Korean Karate, also called *Tae-Kwon Do*, with this expert martial arts guide. This book is one of the first of its kind on *Tae-Kwon Do (Korean Karate)*. Karate practitioners who recognize this to be the only work to cover *Free Fighting techniques* recognize this as a vital resource Illustrated with nearly 1,000 photographs, the systematic and scientific approach of the application of each karate move in *Free Style Fighting with WHEN, WHERE, WHY, and HOW* should help karate competitors everywhere design and master their moves to suit them best in competition matches. In this martial arts book, the pin-point explanation of the advantages and disadvantages of each move, analyzed step by step from many different offensive, defensive, and counterattacking angles, can also guide readers to manage with it to be adjustable to the individualistic tastes and characteristics of any karate style, regardless of their differences.

Wing Chun Kuen - is the most famous and dynamic style of *Wushu* in the world. Its distinguishing features are simplicity and economy of movements, softness and flexibility, as well as the effectiveness of protection and power of attacks. The main purpose of this direction of Chinese martial arts is the fastest achievement of victory in battle with the minimum efforts and energy. Over the long history of *Wing Chun*, the original style was divided into several large branches. It should be noted that at the similarity of the principles that were put to the basis of the style, technique and forms of different versions of *Wing Chun Kuen*, there are very big differences. This book, proposed to the attention of the readers is devoted to the overview of *Wing Chun Kuen* technique, transmitted to us by the great master *Yip Man*. CONTENTS: Introduction Chapter 1. Origin and Development of *Wing Chun Kuen* Chapter 2. The theory of *Wing Chun* Chapter 3. Stances and movements Chapter 4. Stroke technique Chapter 5. Defense technique Chapter 6. Throws and grabs Chapter 7. Training combinations Chapter 8. Methods of attack Chapter 9. Methods of defense and counterattack Chapter 10. Sticky hands - *Chi Sau* Chapter 11. Special exercises - *Lop Sau - Fon Sau* Chapter 12. Forms - *Siu Lim Tao - Martial combinations - Chum Kiu - Martial combinations - Biu Jee - Martial combinations* Chapter 13. Training at the wooden dummy Conclusion

The True Tales of *Wing Chun Kung Fu Master Duncan Leung, Bruce Lee's Fighting Companion*

Ip Man Wing Chun, Understanding Si Lim Tao

Korean Karate

Wing Chun Warrior

The Most Powerful Style of *Kung Fu Practiced by Ip Man and Bruce Lee - History, Philosophy and Techniques*

Tao of Jeet Kune Do

Characterized by economical movements, simultaneous attack and defense hand techniques, and powerful low kicks, *Wing Chun Kung Fu* is now one of the most popular of the Chinese martial arts. This helpful guidebook addresses the uses of the *Muk Yan Jong*-more commonly known as the *Wooden Dummy* form—within the *Wing Chun* discipline. All of the 116 movements incorporated into *Wooden Dummy* are covered and illustrated with step-by-step photographs, and information is provided on the practical applications of these movements. A detailed explanation of the principles and concepts behind the form, as well as its shape and structure is also included along with a number of practice exercises and drills.

The essential guide to *Wing Chun Kung-Fu*—basic forms and principles, fighting and grappling, advanced techniques and weapons. Featuring over 300 black and white photos and step-by-step illustrations, *Wing Chun Kung-Fu: A Complete Guide* offers clear, straightforward, and authoritative instruction to the Chinese martial art of *Wing Chun Kung-Fu*. This *Wing Chun* book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative building blocks of the system, including sticky-hand and sticky-leg fighting, chin-na, and the theory of vital strikes to the weak points of human anatomy (*dar mak*). This *Wing Chun* guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives. In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to conditioning, stretching, power training and weight training exercises that will be of particular benefit for serious students of *Wing Chun* and practitioners of any martial art.

Teach Yourself *Wing Chun Adapted for the Streets!* This is *Wing Chun* martial arts training as modern self-defense. It starts with *Wing Chun* techniques for beginners and advances up to sticky hands (*Wing Chun Chi Sao*). Anyone interested in martial arts will learn from these *Wing Chun* training techniques. Those who will benefit most are: * People who are thinking about learning *Wing Chun Kung Fu* but first want an insight * Those who want to know basic principles and techniques before joining a *Wing Chun* dojo * Beginners who want to supplement their training * Anyone that wants to learn how to adapt classic *Wing Chun* to the streets of today * Teachers of *Wing Chun Kung Fu* who want some ideas on training beginner students * Anyone that wants to self-train in *Wing Chun Kung Fu* You'll love this *Wing Chun* training manual, because it adapts a proven martial art to the streets of today. Get it now. Jam-packed with *Wing Chun* Training Techniques * The legendary *Wing Chun* punch * Arm-locks * *Wing Chun* strikes including punches, kicks, elbows, knees, and the chop * Trapping and grabbing * Interception and counter-attack * Repeating punches * Defending against common attacks and combinations ... and much more. Contains 42 *Wing Chun* Lessons and 97 Training Exercises! * Basic *Wing Chun* theory is embedded into practical lessons * Conditioning exercises to give your body the strength to do the techniques * Basic footwork for speed and balance * The Centerline Principle (a core concept in *Wing Chun*) * *Wing Chun* training drills for developing lightning fast reflexes * The direct line principle * Use of training equipment * Correct body alignment and weight distribution for greatest stability, speed, and power Learn Traditional *Wing Chun* Hand Techniques * *Tan Sau* (Dispersing Hand) * *Pak Sau* (Slapping Hand) * *Bong Sau* (Wing Arm) * *Lap Sau* (Pulling Hand) * *Kau Sau* (Detaining Hand) * *Fut Sau* (Outward Palm Arm) * *Gum Sau* (Pressing Hand) * *Biu Sau* (Darting Hand) Limited Time Only... Get your copy of *Basic Wing Chun Training* today and you will also receive: * Free SF Nonfiction Books new releases * Exclusive discount offers * Downloadable sample chapters * Bonus content ... and more! This *Wing Chun* book is perfect for self-defense. It does not rely on strength or physical size to be effective. Discover how you can adapt classic *Wing Chun* to the streets, because the traditional stuff doesn't work in a brawl. Get it now.

The story of *Duncan Leung* ? childhood friend of *Bruce Lee*, disciple of legendary master *Yip Man*, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost *Hong Kong* of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

The *Wing Chun Compendium, Volume Two*

Biu Tze -The Third Form of the *Lo Man Kam Wing Chun System*

An Overview in the Form of Essays

The Definitive Guide to *Wing Chun's* History and Traditions

The *Tao of Wing Chun*

Mastering *Wing Chun Kung Fu*