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Shift your palm upwards and outwards as well from your center ensuring your elbow ends up at about fist-and-a-half length away from your body. Turn your whole body to the side. Your hand and body turn together, and let your waist operate. Put the other hand of yours inside, readiness for defense.

Beginner's Guide To Learning Wing Chun - Law Of The Fist

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Bong Sau (wing arm) is a defensive technique unique to Wing Chun. Use it to divert a punch by creating an angle of deflection. Begin in the half squat position with your hands up and in one movement, turn your hand down and your elbow up. As you do so, turn your waist and tilt your body so your feet are in a fighting stance position.

Wing Chun Techniques for Beginners - Survival Fitness Plan

Step down with the right foot past the Dummy leg to recover the Original Centerline and slap downward on the low Dummy arm with a clockwise-spinning left Gum Sau as the left foot slides to recover the original stance width (65B). Close Range Combat Wing Chun: Volume Three 102.

•RWBook3 8/19/04 3:11 PM Page 102.

CLOSE RANGE COMBAT Wing Chun - WordPress.com

In this Wing Chun form you train against a massive piece of wood - "The Wooden Dummy." Although, nowadays you can also find it made from PVC or metal. I believe one of the best ways to use the Wing Chun dummy form is to train interruptibility. Too many people falsely believe that the Wing Chun dummy is for pounding and hitting hard. Not true.

The Six Wing Chun Forms

Kung Fu Advanced Staff Fighting Techniques. . Bruce Lee Between Wing Chun and Jeet Kune Do. Remembering the Master: Bruce Lee, James Yimm Lee, and the Creation of Jeet. Wing Chun Kung Fu. J. Yimm Lee, Bruce Lee. Edited by Bruce Lee, this book delivers a solid introduction of Wing Chun theory and techniques.

KUNG-FU WING CHUN DI JAMES YIMM LEE PDF

WING CHUN - 1 - Abstract. 0 | Abstract "Wing Chun Kung Fu 3D" is a conceptual website that offers people a new experience to learn and play Wing Chun Kung Fu via instructional multimedia. In the website, instead of showing the video or static images in a conventional way, users can learn basic Wing Chun with elements such as three dimensional

Wing Chun: Introducing Basic Wing Chun Kung Fu Using ...

Wing Chun is a style of kung fu that emphasizes close quarter combat, quick punches and tight defense to overcome opponents. This traditional Chinese martial art destabilizes opponents with quick footwork, defense and offense happening simultaneously, and redirecting opponent's energy to your advantage.

How to Learn Wing Chun (with Pictures) - wikiHow

Wing Chun KungFu Traditional Chinese KungFu for Self-Defence & Health by Ip Chun & Michael Tse; Complete Wing Chun The Definitive Guide to Wing Chun's History & Traditions by Robert Chu, Rene Ritchie, Y.Wu; Wing Chun Martial Arts Principles and Techniques by Yip Chun with Danny Connor; 116 Wing Tsun Dummy Techniques as Performed By Yip Man by ...

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Core Self Defense DVD Training Manual www.PragmaticMartialArts.com Page 4 How to Use This Manual This book presents an isolated 25 week workout program, with chapters containing workouts for each of the corresponding DVD. The last chapter contains a combined workout program which compresses all the areas from all 13 DVDs into 1 weekly program.

Core Self Defense DVD Training Manual - Everything Wing Chun

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In Wing Chun, we practice an unorthodox method for punching which is translated as Chain Punching. Chain Punching is simply punching hand over hand in a rotation motion similar to a bicycle wheel. To achieve this, we make sure our shoulders are down, bring our elbow to our center, and relax both our arms and fists. We also keep

WGMAA: How to Perform Siu Lim Tao - Garrett McFadden Glass

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