

Mastering Wing Chun

WHEN SOMEBODY SHOULD GO TO THE BOOK STORES, SEARCH INITIATION BY SHOP, SHELF BY SHELF, IT IS REALLY PROBLEMATIC. THIS IS WHY WE ALLOW THE EBOOK COMPILATIONS IN THIS WEBSITE. IT WILL DEFINITELY EASE YOU TO SEE GUIDE **MASTERING WING CHUN** AS YOU SUCH AS.

BY SEARCHING THE TITLE, PUBLISHER, OR AUTHORS OF GUIDE YOU IN REALITY WANT, YOU CAN DISCOVER THEM RAPIDLY. IN THE HOUSE, WORKPLACE, OR PERHAPS IN YOUR METHOD CAN BE EVERY BEST PLACE WITHIN NET CONNECTIONS. IF YOU PLAN TO DOWNLOAD AND INSTALL THE MASTERING WING CHUN, IT IS ENORMOUSLY EASY THEN, IN THE PAST CURRENTLY WE EXTEND THE ASSOCIATE TO PURCHASE AND MAKE BARGAINS TO DOWNLOAD AND INSTALL MASTERING WING CHUN FOR THAT REASON SIMPLE!

Wing Tsun Kuen Ting Liang 1978-12

JAPANESE THROWING WEAPONS DANIEL FLETCHER 2012-08-21 MASTER THE JAPANESE ART OF SHURIKEN THROWING WITH THIS ILLUSTRATED MARTIAL ARTS GUIDE. JAPANESE THROWING WEAPONS: MASTERING SHURIKEN THROWING TECHNIQUES IS A DETAILED INSTRUCTION MANUAL FOR LEARNING AUTHENTIC SHURIKEN THROWING TECHNIQUES AS PRACTICED IN JAPAN, KNOWN AS SHURIKEN-JUTSU. DANIEL FLETCHER STUDIED UNDER JAPAN'S MOST NOTABLE SHURIKEN SENSEI, YASUYUKI OTSUKA, OF THE MEIFU SHINKAGE RYU AND IN THIS KNIFE THROWING BOOK HE REVEALS THE SECRETS LEARNED IN HIS YEARS OF STUDY AND TRAINING. FLETCHER EXPLAINS THE ORIGINS AND PURPOSE OF THE SHURIKEN AS A WEAPON AND PROVIDES INFORMATION ON THE VARIOUS TYPES OF SHURIKEN USED BY THE HISTORIC SAMURAI AND NINJAS. FLETCHER'S EXPERT INSTRUCTIONS, ALONG WITH OVER 200 PHOTOGRAPHS AND THE ENCLOSED DVD CAN HELP ANYONE BECOME PROFICIENT WITH JAPANESE THROWING TECHNIQUES. WEAPONS INSTRUCTION INCLUDES: SHAKEN SHURIKEN—THE MOST FAMILIAR OF THE SHURIKEN FAMILY, THIS SHARP-EDGED, STAR-SHAPED WEAPON IS THE ONE TYPICALLY SEEN IN MARTIAL ARTS FILM. BO SHURIKEN—SHAPED LIKE A SPIKE, EASY TO MANUFACTURE, ECONOMICAL, AND CONVENIENT TO CARRY, THIS SIMPLE WEAPON IS A STAPLE IN THE ARSENAL OF THE JAPANESE WARRIOR. TEPPAN SHURIKEN—A MULTI-PURPOSE WEAPON MADE FROM IRON PLATES, IT CAN TAKE A VARIETY OF SHAPES AND IS USED BOTH FOR THROWING OR HAND-TO-HAND COMBAT.

WING CHUN KUNG FU Ip Chun 1998 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 MARTIAL ARTS YIP CHUN 1993-11-01 YIP CHUN IS A GRANDMASTER OF WING CHUN, AND THE ELDEST SON OF YIP MAN - BRUCE LEE'S MENTOR. WITH THE HELP OF DANNY CONNOR, YIP CHUN EXPLAINS THE MOVES, THE IMPORTANCE OF THE RELATIONSHIP BETWEEN TEACHER AND STUDENT, AND THE CONFUCIAN THEORY. STUDENTS WILL LEARN CHI SAU, SIU LIM TAO, CHUM KIU, AND BIU TZE FROM THE MANY ILLUSTRATIONS THAT SHOW THE FORMS. 150 PHOTOGRAPHS.

WING CHUN WILLIAM CHEUNG 2007 MARTIAL ARTS LEGEND WILLIAM CHEUNG TEACHES THE ADVANCED TRAINING THEORIES AND PRACTICAL APPLICATIONS OF WING CHUN KUNG FU, DELVING INTO THE NUANCES OF WOODEN-DUMMY TRAINING, STREET TECHNIQUES, WEAPON DEFENSE, AND THE THREE-CENTERS PRINCIPLE. IN ADDITION, A CHAPTER IS DEVOTED TO BREAKING DOWN THE AUTHOR'S FAMOUS 100-DAY IRON PALM TRAINING PROGRAM. THE SUCCINCT WRITING STYLE AND COUNTLESS PHOTOGRAPHS (FEATURING ERIC ORAM AND GRANDMASTER CHEUNG'S TOP STUDENTS) MAKE THIS BOOK A VALUABLE ADDITION TO ANY MARTIAL ARTIST'S LIBRARY.

COMPLETE WING CHUN ROBERT CHU 2015-11-03 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!

TAO OF JEET KUNE DO BRUCE LEE 2011-11-01 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.

BASIC WING CHUN TRAINING SAM FURY 2015-07-05 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.

WING CHUN KUNG FU SHAUN RAWCLIFFE 2012-12-21 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.

UNKNOWN WING CHUN - THE BRANCH OF GREAT MASTER CHAN WAH CHUN IGOR DUDUKCHAN 2017-05-02 WING CHUN IT IS A BEST KNOWN AND DYNAMICALLY DEVELOPED THROUGHOUT THE WORLD WUSHU STYLE. ITS DISTINCTIVE FEATURES ARE EASINESS AND ECONOMY OF MOVEMENTS, SOFTNESS AND COMPLIANCE AND ALSO EFFECTIVENESS OF DEFENSES AND POWER OF ATTACKS. THE MAIN AIM OF THIS DIRECTION OF CHINESE MARTIAL ARTS IS A MOST FAST VICTORY IN COMBAT WITH THE LEAST EXPENSE OF FORCES AND ENERGY. THE OFFERED BOOK IS DEVOTED TO THE SURVEY OF WING CHUN KUEN TECHNIQUE, GIVEN US BY THE GREAT MASTER CHAN WAH SHUN AND HIS SON CHAN YU MIN. ITS SPECIAL FEATURE IS A HARMONIC COMBINATION OF TRADITIONAL WING CHUN KUEN HOLDS WITH RIGID AND POWERFUL TECHNIQUE OF SOUTHERN SHAOLIN WUSHU. IN THIS STYLE BESIDES THE WIDESPREAD FORMS SUCH AS SIU LIM TAO, CHUM KIU, BIU JEE ARE MANY NEW AND LITTLE KNOWN FORMS SUCH AS "FOUR GATES"- SAAY MOON, "TO

CONQUER TIGER” – FUK-FU KUEN, “RED SAND HAND” - HUNG SHA CHEUNG AND OTHER. THE BOOK CONTAINS LARGE NUMBER OF ILLUSTRATION AND WILL BE USEFUL FOR EVERYBODY, WHO STUDIES THE MARTIAL ARTS. CONTENTS: FROM AUTHOR INTRODUCTION CHAPTER 1. STANDS AND DISPLACEMENTS CHAPTER 2. THE BLOWS TECHNIQUE BLOWS BY HANDS BLOWS BY ELBOWS BLOWS BY LEGS CHAPTER 3. DEFENSE TECHNIQUE BLOCKING BY HANDS BLOCKING BY LEGS CHAPTER 4. CHI SAU - «STICKY HANDS» CHAPTER 5. LOP SAU - “CATCHING HANDS” CHAPTER 6. FON SAU - “BINDING HANDS” CHAPTER 7. FORMS FORM “GREETING” SIU LIM TAO - “LITTLE IDEA FORM” CHUM KIU - “BRIDGES BUILDING” BIU JEE — “STRIKING FINGERS” SAAY MOON — “FOUR GATES” SIU LIM TAO — SAAY MOON FOOK-FU KUEN - “CONQUEST OF TIGER” HUNG SHA CHEUNG - “RED SAND HAND” CHAPTER 8. TRAINING WITH THE WOODEN DUMMY CONCLUSION

SECRET TECHNIQUES OF WING CHUN KUNG FU K. T. CHAO 1997-08-01

AN APPROACH TO IP MAN STYLE WING CHUN WAYNE BELONHA 2015-07-21 AN APPROACH TO IP MAN STYLE WING CHUN IS A PRACTICAL NEW BEGINNER’S GUIDE TO WING CHUN BY A CERTIFIED INSTRUCTOR IN THE IP MAN LINEAGE. PAN AMERICAN TRIPLE GOLD MEDALIST WAYNE BELONHA PROVIDES THE FUNDAMENTALS OF THE ART AS A COMPREHENSIVE MIND/BODY TRAINING PROGRAM. WRITTEN IN ACCESSIBLE LANGUAGE AND INCLUDING MORE THAN 400 FULL-COLOR PHOTOS, THE BOOK EMPHASIZES BENEFITS INCLUDING WEIGHT REDUCTION, STRESS MANAGEMENT, PERSONAL DEFENSE AND SAFETY, AND SELF-DISCIPLINE THROUGH MEDITATION.

WING CHUN TRADITIONAL WOODEN DUMMY SAMUEL KWOK 2009-10-01

BLACK BELT FITNESS FOR LIFE GRANDMASTER TAE SUN KANG 2015-08-11 DEVELOP AND MAINTAIN A HEALTHY BODY USING ADVANCED TAEKWONDO TRAINING PRINCIPLES. IN BLACK BELT FITNESS FOR LIFE, GRANDMASTER TAE SUN KANG APPLIES HIS FOUR DECADES OF EXPERIENCE TO GUIDE YOU THROUGH AN INNOVATIVE METHOD OF FITNESS USING TAEKWONDO PRINCIPLES. WHETHER YOU’RE A BEGINNER OR VETERAN TO STRETCHING AND EXERCISE, YOU CAN EASILY FOLLOW GRANDMASTER KANG’S 7-WEEK ROUTINE BASED ON THE BELT SYSTEM OF TAEKWONDO, AN ANCIENT KOREAN MARTIAL ART. WITH EACH WEEK OF THE REGIMEN, YOU WILL LEARN NEW SKILLS AND TECHNIQUES THAT CULMINATE IN MASTERY OF THE TECHNIQUES NECESSARY TO CONTINUE EXERCISING AND EATING RIGHT FOR LIFE. THROUGH THE USE OF TAEKWONDO STRETCHES AND MOVEMENTS, THIS BLACK BELT “COMBINED DYNAMIC STRETCHING” METHOD WILL IMPROVE YOUR FLEXIBILITY AND BALANCE, STAMINA AND STRENGTH, AS WELL AS YOUR FOCUS AND MENTAL HEALTH. YOU’LL STRETCH MULTIPLE PARTS OF YOUR BODY AT THE SAME TIME, IMPROVING CIRCULATION AND BUILDING MENTAL STRENGTH WHILE WARMING UP TO MINIMIZE INJURIES. AS PART OF HIS HOLISTIC APPROACH TO HEALTH AND FITNESS, GRANDMASTER KANG ALSO OUTLINES AN EATING PLAN DESIGNED TO HELP YOU LOSE WEIGHT NATURALLY. UNLIKE EXTREME DIETS AND WORKOUTS THAT EMPHASIZE DRASTIC RESULTS QUICKLY, THE GRANDMASTER’S APPROACH IS A BALANCED, EASY-TO-FOLLOW, AND—MOST IMPORTANTLY—REALISTIC PLAN DESIGNED FOR YOUR LIFE. FRIEND AND LONGTIME STUDENT OF GRANDMASTER KANG, ACTOR MICHAEL IMPERIOLI WROTE THE FOREWORD FOR THE BOOK AND SHARES HIS EXPERIENCE IN TRAINING UNDER GRANDMASTER, AS WELL AS THE BENEFITS HE HAS RECEIVED IN FOLLOWING GRANDMASTER’S PHILOSOPHY.

MASTERING WING CHUN KUNG FU SAMUEL KWOK 2007 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,

MASTERING KUNG FU GARRETT GEE 2004 FROM THE TRADITIONS, HISTORY, AND EVOLUTION OF KUNG FU TO THE SUBTLITIES OF ADVANCED WING CHUN TECHNIQUES AND TACTICS, MASTERING KUNG FU HAS EVERYTHING YOU NEED TO DEVELOP YOUR SKILL AND TAKE YOUR TRAINING TO THE NEXT LEVEL.

CHINESE GUNG FU BRUCE LEE 1987 “THIS IS A REPRODUCTION OF THE ORIGINAL BOOK.”

TRADITIONAL WING CHUN - THE SPECIAL EXERCISES IGOR DUDUKCHAN 2017-02-13

THE CREATION OF WING CHUN BENJAMIN N. JUDKINS 2015-07-21 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.

THE CREATION OF WING CHUN BENJAMIN N. JUDKINS 2015-07-16 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. BENJAMIN N. JUDKINS HOLDS A DOCTORAL DEGREE IN POLITICAL SCIENCE FROM COLUMBIA UNIVERSITY. JON NIELSON IS CHIEF INSTRUCTOR AT WING CHUN HALL IN SALT LAKE CITY, UTAH.

THE WING CHUN COMPENDIUM, VOLUME ONE WAYNE BELONHOA 2012-10-30 THE WING CHUN COMPENDIUM EXPLAINS THE THEORY OF WING CHUN FROM A TECHNICAL, LIFESTYLE, AND PHILOSOPHICAL PERSPECTIVE. WRITTEN BY WAYNE BELONHOA—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."

WING CHUN KUNG FU SIFU SHAUN RAWCLIFFE 2013-05-01 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.

LOOK BEYOND THE POINTING FINGER DAVID PETERSON 2012

VIETNAMESE WING CHUN - THE FIVE ANIMAL FORMS IGOR DUDUKCHAN 2017-05-11 THE WING CHUN - IT IS A TRADITIONAL STYLE OF THE CHINESE KUNG FU. THE WING CHUN IS VERY POPULAR IN THE WHOLE WORLD THANKS TO ITS HIGH EFFICIENCY APPLICATION TECHNIQUES. THE IMPORTANT STAGE IN THE TRAINING THE VIETNAMESE WING CHUN IS THE MASTERING OF THE FIVE ANIMALS TECHNIQUE (NGU HINH QUYEN). THIS TECHNICAL CHAPTER REFERS ONLY TO THE VIETNAMESE LINE OF THE WING CHUN AND SHOWS THE REFERENCE TO THE SHAOLIN STYLE. THE ANIMAL TECHNIQUES ARE BUILT ON THE PRINCIPLES OF THE WING CHUN AND ARE IMPORTANT FOR THE MARTIAL EMPOWERMENT OF THE STYLE.

TRADITIONAL WING CHUN - THE BRANCH OF GREAT MASTER YIP MAN IGOR DUDUKCHAN 2017-03-02 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

MASTERING JUJITSU RENZO GRACIE 2003-05-22 IN RECENT YEARS, THE GRAPPLING ARTS HAVE PROVEN TO BE THE MOST EFFECTIVE FORM OF COMBAT IN MIXED MARTIAL ARTS (MMA) AND NO-HOLDS-BARRED (NHB) COMPETITIONS. ABOVE ALL OTHERS, THE GRACIE BRAND OF BRAZILIAN JUJITSU HAS BECOME RECOGNIZED AS THE PREEMINENT FIGHTING STYLE IN UNARMED COMBAT. NOW RENZO GRACIE—INSTRUCTOR; COMPETITOR; AND CHAMPION OF NUMEROUS GRAPPLING, MMA, AND NHB EVENTS—REVEALS THE INNER WORKINGS OF THE ART IN HIS LATEST BOOK, MASTERING JUJITSU. FROM THE ORIGINS OF THE ART TO PERSONAL TECHNIQUES, YOU WILL EXPERIENCE THE IMPACT THE GRACIES HAVE HAD ON JUJITSU AND LEARN THE STRATEGIES THEY HAVE DEVELOPED TO DOMINATE THEIR OPPONENTS. GRACIE SHARES THE SUBTLITIES OF THE TECHNIQUES NECESSARY FOR MASTERING THE ART, AND HE CLEARLY DEMONSTRATES THE FLOW OF MOVEMENT WITH MORE THAN 250 HIGH-QUALITY PHOTOS. NOT ONLY WILL MASTERING JUJITSU HELP YOU PROGRESS FROM ISOLATED SKILL DEVELOPMENT TECHNIQUES TO A FULL SET OF TACTICS AND FIGHT PLANS, BUT IT WILL ALSO INTRODUCE YOU TO THE CONCEPT OF COMBAT PHASES AND TEACH YOU TO ATTACK FROM ANY PHASE. YOU WILL LEARN HOW TO REACT TO YOUR OPPONENT IN ANY SITUATION. WHETHER YOU’RE CAUGHT IN A BOTTOM POSITION OR ATTACKING FROM THE TOP, GRACIE REVEALS THE KEY STRATEGIES DESIGNED TO GIVE YOU THE UPPER HAND. THE DEPTH AND BREADTH OF TOPICS COVERED IN MASTERING JUJITSU WILL AID EVEN THE MOST EXPERIENCED BLACK BELTS IN THEIR UNDERSTANDING AND EXECUTION OF BRAZILIAN JUJITSU. WITH DETAILED COVERAGE ON ADVANCED PRINCIPLES, YOU WILL GET ALL THE TACTICS, STRATEGIES, TECHNIQUES, AND DRILLS YOU NEED FOR CLOSE COMBAT FIGHTING. CONTENTS CHAPTER 1. CLASSICAL JUJITSU: THEORY AND HISTORY CHAPTER 2. MODERN JUJITSU: NEW CONCEPTS, NEW DIRECTIONS CHAPTER 3. UNDERLYING THEORY AND STRATEGY OF MODERN JUJITSU CHAPTER 4. FREE-MOVEMENT PHASE CHAPTER 5. CLINCH PHASE CHAPTER 6. GROUND FIGHTING CHAPTER 7. WINNING FROM THE BOTTOM POSITION CHAPTER 8. WINNING FROM THE TOP POSITION CHAPTER 9. TRAINING AND COMPETITION CHAPTER 10. JUJITSU FOR SELF-DEFENSE

BLACK BELT 1997-01 THE OLDEST AND MOST RESPECTED MARTIAL ARTS TITLE IN THE INDUSTRY, THIS POPULAR MONTHLY MAGAZINE ADDRESSES THE NEEDS OF MARTIAL ARTISTS OF ALL LEVELS BY PROVIDING THEM WITH INFORMATION ABOUT EVERY STYLE OF SELF-DEFENSE IN THE WORLD - INCLUDING TECHNIQUES AND STRATEGIES. IN ADDITION, BLACK BELT PRODUCES AND MARKETS OVER 75 MARTIAL ARTS-ORIENTED BOOKS AND VIDEOS INCLUDING MANY ABOUT THE WORKS OF BRUCE LEE, THE BEST-KNOWN MARITAL ARTS FIGURE IN THE WORLD.

THE STRUCTURE OF WING CHUN (COLOR) ALAN ORR 2015-12-29 BOOKS ON IP MAN’S FAMOUS WING CHUN SYSTEM ARE PLENTIFUL, YET FOCUS MAINLY ON THE CHOREOGRAPHY AND APPLICATIONS OF THE FORMS. YET, TO MASTER WING CHUN ONE MUST DEVELOP MASTERY OF INTERNAL BODY STRUCTURE, ENERGY GENERATION, AND PROPER FORCE ISSUANCE IN HIS OWN MOVEMENTS AND ESPECIALLY WHEN CONTROLLING AN AGGRESSIVE OPPONENT. IN THE STRUCTURE OF WING CHUN KUEN, ALAN ORR TEACHES THIS VERY METHOD IN GREAT DETAIL. “THIS IMPRESSIVE VOLUME INTRODUCES PRACTITIONERS TO THE ESSENCE OF THE CHU SAU LI WING CHUN SYSTEM AND ITS ROLE IN THE STRUCTURAL DEVELOPMENT OF WING CHUN. IT FOLLOWS THE STORY OF ALAN ORR AND HIS QUEST TO LEARN MARTIAL ARTS AS PART OF HIS PATH TO PERSONAL GROWTH AND DEVELOPMENT. IT EXPLORES HIGHS AND LOWS OF LEARNING AND HIS SEARCH FOR UNDERSTANDING THE INTERNAL AND PHYSICAL ASPECTS OF WING CHUN. FROM HERE, THE BOOK DELVES DEEP INTO THE STRUCTURE, CORE, AND TRAINING OF THIS DYNAMIC MARTIAL ART.” THE SIX CORE ELEMENTS OF WING CHUN HAVE BECOME ESSENTIAL LEARNING TO MASTER THE WING CHUN AND IN THIS BOOK ALAN SHARES THE TEACHINGS OF GRANDMASTER ROBERT CHU AND HENDRIK SANTO, WHO HAVE HELPED HIM TO MASTER WING CHUN AND PRODUCE SUCCESSFUL FULL-CONTACT COMPETITION FIGHTERS. THE STRUCTURE OF WING CHUN KUEN IS A BLUEPRINT FOR A DEEPER UNDERSTANDING OF THIS WORLD-FAMOUS ART.

WING CHUN PLUM FLOWER POSTS WAYNE BELONOHA 2020-10-20 APPLY AND DEFEND AGAINST ALL MANNER OF KICKS, SWEEPS, LEG LOCKS, LEG CHECKS AND KICK CHECKS BY LEARNING TO MASTER THE LOST STUDY OF PLUM FLOWER POSTS. IT’S TIME TO

REDISCOVER THE FORGOTTEN SECRETS TO HARNESSING AND WIELDING THE POWER OF THE PLUM FLOWER POSTS IN COMBAT. THE MISSING LINK FOR TRAINING THE WING CHUN STANCE, THIS BOOK HELPS INTERMEDIATE STUDENTS AND PRACTITIONERS REACH THE HIGHEST LEVELS OF PROFICIENCY, TEACHING LEG SKILLS, STICKING SKILLS, GOOD POSITIONING, AND CHECKING AND IMMOBILIZATION SKILLS. THE PLUM FLOWER POSTS CONSIST OF 11 POSTS-- 10 WOODEN GERK JONG, OR LEGWORK POSTS, AND ONE MOK YAN JONG, OR WOODEN MAN POST. TOGETHER, THEY COMPLETE A SET CALLED THE MOY FA JONG. THE WOODEN DUMMY TRAINS PRACTITIONERS TO PROTECT THE UPPER CENTERLINE BY APPLYING HARD TECHNIQUES WITH PROPER DISTANCE, POSITION, AND LEG CONTROL, WHILE THE GERK JONG ARE DESIGNED AND PLACED TO TRAIN ALL ELEMENTS OF LEGWORK AND MANAGE THE LOWER CENTERLINE. A VALUABLE TRAINING TOOL FOR ANY AND ALL STYLES AND FAMILIES OF WING CHUN, MASTERING THE POSTS ENSURES THAT YOU NEVER LOSE A FIGHT DUE TO LOST BALANCE OR BAD POSITIONING; FALL FROM LEG SWEEPS, LEG LOCKS, OR LEG CHECKS; OR MISS THE KNOCKOUT BECAUSE OF POOR DISTANCE OR KNOCKOUT POWER. COMPREHENSIVELY WRITTEN AND SUPPLEMENTED WITH 180 FULL-COLOR ILLUSTRATIONS AND PHOTOS, WING CHUN PLUM FLOWER POSTS IS AN ESSENTIAL RESOURCE FOR WING CHUN STUDENTS, PRACTITIONERS, AND TEACHERS LOOKING TO EXPAND THEIR KNOWLEDGE BASE AND SKILL SET.

THE WING CHUN COMPENDIUM, VOLUME TWO WAYNE BELONHA 2013-04-02 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 BELONHA 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.

WING CHUN KUNG FU SHAUN RAWCLIFFE 2012-12-21 WING CHUN KUNG FU HAS A LONG HISTORY BUT IT HAS ONLY BEEN TAUGHT OPENLY SINCE THE 1950S WHEN GRANDMASTER YIP MAN REVEALED THE SECRETS OF THE ART AND BEGAN TO TEACH LARGE NUMBERS OF STUDENTS IN HONG KONG. CHARACTERIZED BY ECONOMICAL MOVEMENTS, SIMPLE AND DIRECT SHORT-RANGE SIMULTANEOUS ATTACK AND DEFENCE HAND TECHNIQUES, AS WELL AS POWERFUL LOW KICKS, WING CHUN KUNG FU IS NOW ONE OF THE MOST POPULAR OF THE CHINESE MARTIAL ARTS. ONE OF THE ADVANCED TRAINING TOOLS OF THE WING CHUN SYSTEM IS THE MUK YAN JONG, MORE COMMONLY KNOWN AS THE WOODEN DUMMY. SHAUN RAWCLIFFE PROVIDES A COMPREHENSIVE CONSIDERATION OF THE WOODEN DUMMY TECHNIQUES AND USES PRACTICAL APPLICATIONS AS EXAMPLES OF HOW THEY MAY BE USED. COVERS THE FULL 116-MOVEMENT WOODEN DUMMY FORM AS TAUGHT BY GRANDMASTER YIP MAN TO HIS ELDEST SON, IP CHUN, WHO THEN TAUGHT THE AUTHOR. PROVIDES DETAILED EXPLANATIONS OF THE SHAPE, STRUCTURE AND MOVEMENTS OF THE DUMMY FORM, PLUS AN EXAMPLE OF EACH OF THE APPLICATIONS. PRESENTS IN-DEPTH EXPLANATIONS OF THE PRINCIPLES AND CONCEPTS BEHIND THE WOODEN DUMMY FORM AND THE SUPPORTING DRILLS. EXAMINES THE SCIENTIFIC AND ANATOMICAL EXPLANATIONS OF THE BASIC PRINCIPLES UNDERLYING WOODEN DUMMY TRAINING. A FASCINATING AND INVALUABLE BOOK WHICH COMPREHENSIVELY COVERS ONE OF THE ADVANCED TRAINING TOOLS OF THE WING CHUN SYSTEM, MUK YAN JONG OR THE WOODEN DUMMY. AIMED AT ALL THOSE WHO PRACTICE WING CHUN KUNG FU, ESPECIALLY THOSE WHO WISH TO LEARN MORE ADVANCED TECHNIQUES, TOGETHER WITH MARTIAL ARTISTS IN GENERAL. WELL ILLUSTRATED WITH OVER 400 COLOUR PHOTOGRAPHS AND USEFUL DRAWINGS. SIFU SHAUN RAWCLIFFE IS ONE OF THE HIGHEST QUALIFIED AND CERTIFIED WING CHUN INSTRUCTORS IN THE WORLD.

BIU - TZE TING LEUNG 2003-01

TRADITIONAL WING CHUN - WOODEN DUMMY TRAINING IGOR DUDUKCHAN 2017-09-11

WING CHUN UNCHAINED TONY MASSENGILL 2021-12-14 WING CHUN UNCHAINED, WILL CHALLENGE YOU TO OPEN YOUR MIND TO THE POTENTIAL OF WING CHUN. MANY STUDENTS OF THIS GREAT SYSTEM LIMIT, NOT ONLY THEMSELVES, BUT WING CHUN ITSELF, DUE TO THEIR PRECONCEPTIONS OF HOW THE SYSTEM SHOULD BE APPLIED. MANY OF THESE PRECONCEPTIONS ARE DUE TO THE POPULAR IP MAN MOVIES, AND OTHER MOVIES THAT FOCUS ON WING CHUN. STILL OTHERS SUFFER FROM THE SYSTEM BEING PROPAGATED BY INSTRUCTORS WITH NO REAL EXPERIENCE IN PRACTICAL APPLICATION OF THE TOOLS OF WING CHUN IN "TODAYS" VIOLENT STREET CONDITIONS. AUTHOR, TONY MASSENGILL BRINGS NOT ONLY FIFTY-FOUR YEARS OF TRAINING IN THE MARTIAL ARTS, BUT EXPERIENCE BASED ON A TWENTY-SEVEN YEAR CAREER ON THE STREETS AS A POLICE OFFICER, FIREFIGHTER AND

EMERGENCY MEDIC, TO THE SUBJECT OF APPLYING WING CHUN AS AN EFFECTIVE SELF-PROTECTION METHOD. HE HAS "BEEN THERE AND DONE THAT" AND BRINGS THAT PRACTICAL EXPERIENCE TO THE READERS OF WING CHUN UNCHAINED. WING CHUN CAN'T BE TAUGHT EFFECTIVELY FOR TODAY, AS IP MAN TAUGHT IT FROM 1950 - 1972, BECAUSE THE WORLD OF FIGHTING HAS CHANGED A GREAT DEAL IN THE INTERVENING YEARS. THE TOOLS OF WING CHUN ARE EFFICIENT AND EFFECTIVE FOR THE TASK OF SELF-PROTECTION IN THE MODERN ERA, BUT CHANGES IN THE APPROACH OF APPLICATION NEED TO BE CONSIDERED IN LIGHT OF THE WORLD WE LIVE IN, NOT THE ONE THAT IP MAN'S STUDENTS LIVED IN. IN THIS BOOK YOU WILL DISCOVER HOW NOT BE AFRAID TO DEVELOP YOUR SKILLS SUCH THAT YOU CAN MAKE YOUR WING CHUN A BETTER FIT FOR TODAY'S SITUATIONS, RATHER THAN BLINDLY CLINGING TO OLD APPROACHES TO TRAINING AND APPLICATIONS THAT DO NOT EQUIP US FOR THE NEEDS OF THE 21ST CENTURY. THE WORLD HAS CHANGED OVER THE 300 OR SO YEARS THAT WING CHUN HAS BEEN AROUND, AND AS PRACTITIONERS OF THIS SYSTEM, WE NEED TO ADDRESS THOSE CHANGES AND FREE OURSELVES OF OUTDATED PRACTICES AND IDEAS THAT PREVENT US FROM REACHING OUR FULL POTENTIAL, AND WE NEED TO ALLOW WING CHUN AS THE METHOD WE USE, TO SERVE US TO IT'S FULL POTENTIAL AS WELL.

WING CHUN ALAN GIBSON 2011 WING CHUN (VING TSUN) KUNG FU IS ONE OF THE MOST ADMIRERD AND PRACTICAL MARTIAL SYSTEMS IN THE WORLD; ALAN GIBSON IS ONE OF THE FOREMOST AUTHORS IN THE METHOD AND PRESENTS US HERE, WITH AN INVESTIGATION THROUGH THE FORM AND FUNCTION OF THIS VERY POPULAR CHINESE ART. THIS IS A COMPREHENSIVE AND FUNCTIONAL REFERENCE THAT GETS RIGHT TO THE HEART OF WING CHUN. THE WORKS IS AN UPDATED COLLECTION OF ALAN'S PRAGMATIC, WHY WING CHUN WORKS SERIES OF BOOKS, PACKED WITH EXITING NEW WRITING, PHILOSOPHY, DIAGRAMS AND PHOTOGRAPHY, ALL LAID OUT IN A STRAIGHTFORWARD MANNER. WRITTEN IN HIS FAMILIAR, EASY READING STYLE, ALAN'S FRIENDLY COACHING VOICE IS CONSTANTLY BACKED UP WITH CONCISE AND DEPENDABLE INFORMATION FROM RESPECTED EXPERTS. WE ARE TAKEN ON AN ELEGANT JOURNEY THROUGH ALL SIX WING CHUN FORMS AND EACH ONE IS DISCUSSED IN DETAIL THROUGH CONCEPTS, APPLICATION AND TRAINING EFFECT. IN 1998 ALAN PUBLISHED 250 COPIES OF HIS FIRST BOOK, WHY WING CHUN WORKS, HE HAS BEEN CONSISTENTLY UPDATING AND IMPROVING HIS LEARNING RESOURCES EVER SINCE. HIS BOOKS ARE NOW PUBLISHED INTERNATIONALLY AND TWO HAVE BEEN TRANSLATED INTO GERMAN AND RUSSIAN. THIS BOOK IS A CELEBRATION OF TWENTY YEARS OF ALAN'S ORGANISATION THE WING CHUN FEDERATION; AS WELL AS BEING AN UPDATING AND CONSOLIDATION OF SOME OF HIS MOST POPULAR WRITTEN WORK. THIS VOLUME IS ONE THAT ANY FAN OF THE MARTIAL ARTS WILL SURELY BENEFIT FROM READING AND ONE THAT THEY REALLY CANNOT DO WITHOUT.

THE STRUCTURE OF WING CHUN KUEN ALAN ORR 2015-12-17 IN THIS IMPRESSIVE VOLUME, MODERN WING CHUN MASTER ALAN ORR INTRODUCES FOR THE FIRST TIME THE ESSENCE OF THE CHU SAU LI WING CHUN SYSTEM AND ITS ROLE IN THE STRUCTURAL DEVELOPMENT OF WING CHUN. IT SHOWS THIS BEST BY COMPARING THE PHYSICAL BODY STRUCTURE OF OTHER WING CHUN SYSTEMS AND LOOKS AT THE HISTORICAL DEVELOPMENT OF THE ART IN CONNECTION TO ITS USE OF BODY STRUCTURES. THIS IMPORTANT ASPECT ALONE WILL HELP THE READER FULLY UNDERSTAND THE WAY DIFFERENT ARTS EFFECT HUMAN PHYSICAL MOVEMENT TO PRODUCE AND CONTROL POWER. INSIGHTFUL AND DEEP, THE STRUCTURE OF WING CHUN FOLLOWS THE STORY OF ALAN ORR AND HIS QUEST TO LEARN MARTIAL ARTS AS PART OF HIS PATH TO PERSONAL GROWTH AND DEVELOPMENT. IT EXPLORES HIGHS AND LOWS OF LEARNING AND HIS SEARCH FOR UNDERSTANDING OF BOTH THE INTERNAL AND PHYSICAL ASPECTS OF WING CHUN. IT THEN DELVES DEEP INTO THE STRUCTURE, CORE, AND TRAINING OF THIS DYNAMIC MARTIAL ART. THE SIX CORE ELEMENTS OF WING CHUN HAVE BECOME ESSENTIAL LEARNING TO MASTER THE WING CHUN AND IN THIS BOOK ALAN SHOWS THE TEACHINGS OF ROBERT CHU AND HENDRIK SANTO WHICH HAVE HELPED HIM TO MASTER WING CHUN AND PRODUCE SUCCESSFUL FULL-CONTACT COMPETITION FIGHTERS. THE STRUCTURE OF WING CHUN IS A BLUEPRINT FOR A DEEPER UNDERSTANDING OF THE ART.

THE TAO OF WING CHUN JOHN LITTLE 2015-07-21 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.

WING CHUN KUNG-FU JAMES YIMM LEE 1972 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.

WING CHUN PLUM FLOWER POSTS WAYNE BELONOHA 2020-10-20 APPLY AND DEFEND AGAINST ALL MANNER OF KICKS, SWEEPS, LEG LOCKS, LEG CHECKS AND KICK CHECKS BY LEARNING TO MASTER THE LOST STUDY OF PLUM FLOWER POSTS. IT'S TIME TO REDISCOVER THE FORGOTTEN SECRETS TO HARNESSING AND WIELDING THE POWER OF THE PLUM FLOWER POSTS IN COMBAT. THE MISSING LINK FOR TRAINING THE WING CHUN STANCE, THIS BOOK HELPS INTERMEDIATE STUDENTS AND PRACTITIONERS REACH THE HIGHEST LEVELS OF PROFICIENCY, TEACHING LEG SKILLS, STICKING SKILLS, GOOD POSITIONING, AND CHECKING AND IMMOBILIZATION SKILLS. THE PLUM FLOWER POSTS CONSIST OF 11 POSTS-- 10 WOODEN GERK JONG, OR LEGWORK POSTS, AND ONE MOK YAN JONG, OR WOODEN MAN POST. TOGETHER, THEY COMPLETE A SET CALLED THE MOY FA JONG. THE WOODEN DUMMY TRAINS PRACTITIONERS TO PROTECT THE UPPER CENTERLINE BY APPLYING HARD TECHNIQUES WITH PROPER DISTANCE, POSITION, AND LEG CONTROL, WHILE THE GERK JONG ARE DESIGNED AND PLACED TO TRAIN ALL ELEMENTS OF LEGWORK AND MANAGE THE LOWER CENTERLINE. A VALUABLE TRAINING TOOL FOR ANY AND ALL STYLES AND FAMILIES OF WING CHUN, MASTERING THE POSTS ENSURES THAT YOU NEVER LOSE A FIGHT DUE TO LOST BALANCE OR BAD POSITIONING; FALL FROM LEG SWEEPS, LEG LOCKS, OR LEG CHECKS; OR MISS THE KNOCKOUT BECAUSE OF POOR DISTANCE OR KNOCKOUT POWER. COMPREHENSIVELY WRITTEN AND SUPPLEMENTED WITH 180 FULL-COLOR ILLUSTRATIONS AND PHOTOS, WING CHUN PLUM FLOWER POSTS IS AN ESSENTIAL RESOURCE FOR WING CHUN STUDENTS, PRACTITIONERS, AND TEACHERS LOOKING TO EXPAND THEIR KNOWLEDGE BASE AND SKILL SET.

A PATH OF MASTERY JIM BRAULT 2016-08-26 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.