

Wing Chun Kung Fu Self Defence

Stephen M. Honig

Wing Chun Kung Fu Ip Chun,Michael Tse,1998 A simple and powerful form of kung fu, wing chun is ideal for women interested in the art of self-defense. This book covers the first form of wing chun kung fu, and is appropriate for intermediate and advanced practitioners, as well as beginners. 130 photos.

Wing Chun Ip Chun,Michael Tse,1998-01-01 Originally published: London: J. Piatkus, 1998.

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 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.

Modern Wing Chun Kung Fu Eric Oram,2011

Wing Chun Richard Guerra,2020-09-10 A book on the the fighting arts of Wing chun Kung fu as taught to him by grandmaster Leung Ting the last student of the late Grear grandmaster IP MAN. This is the second edition with new photos and Information as in the bow and string concept of punching.

Modern Wing Chun Kung Fu Eric Oram,2011-12-01 Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements, and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

Wing Chun Kung Fu Ip Chun,Michael Tse,1997 Straightforward and efficient, wing chun kung fu is one of the most popular forms of kung fu because it emphasizes technique over strength. By using the skills of wing chun king fu, a smaller and weaker person can easily overcome a larger, stronger opponent. This book provides a practical. easy-to-follow guide to this martial art, complete with photos illustrating each step.

Wing Chun Ip Chun,1998

Wing-Chun Martial Arts Yip Chun,Danny Connor,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. Studentswill learn Chi Sau, Siu Lim Tao, Chum Kiu, and Biu Tze from the many illustrations that show the forms. 150 photographs.

SIMPLY WING CHUN KUNG FU Shaun Rawcliffe,2012-08-01 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.

Chinese Gung Fu Bruce Lee,1987 This new edition of Bruce Lee's classic work rejuvenates the authority, insight, and charm of the master's original 1963 publication for modern audiences. It seamlessly brings together Lee's original language, descriptions and demonstrations with new material for readers, martial arts enthusiasts and collectors that want Lee in his purest form. This timeless work preserves the integrity of Lee's hand-drawn diagrams and captioned photo sequences in which he demonstrates a variety of training exercises and fighting techniques, ranging from gung fu stances and leg training to single- and multiple-opponent scenarios. Thought-provoking essays on the history of gung fu, the theory of yin and yang, and personal, first-edition testimonials by James Y. Lee, the legendary Ed Parker, and jujutsu icon Wally Jay round out this one and only book by Lee on the Chinese martial arts. -- from back cover.

Wing Chun Kung Fu - Jeet Kune Do William Cheung,Ted Wong,1990 Bruce Lee's original art (wing chun) and the art he developed (jeet kune do) are compared by Lee's associates. Includes stances and footwork, hand and leg techniques, tactics, and self-defense.

The Event Stephen M. Honig,2023-08 The Event traces the development of a biological agent which some in Congress and the military convert into a weapon. The CIA and the Russian government both come to suspect an illegal operation, with deadly results.

Practical Strength Training Guide for Self-Defense & Martial Arts Ralph Haenel,2016-08-25 The practical strength training guide for Wing Tsun Kung Fu (Wing Chun, Ving Tsun) practitioners and fitness enthusiasts. Step-by-step explanations of exercises. Striking power for self-defense and martial arts. Now with bonus chapter about fundamental kettlebell training!

Wing Chun Kung-fu Volume 1 Joseph Wayne Smith, Dr.,1992-08-15 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.

Learning Wing Chun Kung Fu Jason G. Kokkorakis,2013-05 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 Kui 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.

The Foundations of Wing Chun Kung Fu John Ryan Wahnish,2003-01-01

An Exposé on Wing Chun Kung Fu Sifu Linda Baniecki,2012-03-12 A comprehensive, easy to read manual for all Wing Chun exponents. An Expose' on Wing Chun Kung Fu delves into the mysteries of this beautiful but deadly Chinese system. It gives an in-depth explanation on the concepts, principles and theories behind the intricate art of Wing Chun Kung Fu. The training methods behind the Sil Lim Tao form are revealed. The book also covers a variety of diverse and complex training methods unique to the Wing Chun system, with photos showing the exact training sequences. An exciting book for any martial artist who would like to understand the science behind the Art of Wing Chun more deeply.

How To Do Chi Sao Sam Fury,2014-03-26 Teach Yourself Chi Sao! Discover how to train yourself in the ultimate Wing Chun training technique adapted for the street. Do you know how Bruce Lee, Ip Man, and other

Wing Chun masters seem to know when and where their opponents will strike? It's not something you are born with. YOU can develop it through the practice of Wing Chun Chi Sao. Drastically increase your fighting reflexes, because How to do Chi Sao will teach you how. Get it now. Inside How to Do Chi Sao *Over 25 detailed exercises, from classic Chi Sao drills (such as Luk Sao, Dan Chi Sao, and Lap Sao) to free-flowing Chi Sao. *Learn the fundamentals such as the centerline principle, stance, and correct hand positions. *Step by step instructions on how to adapt the techniques to realistic scenarios. ... and much more! Learn Chi Sao So You Can... *Attack and defend from the four different hand positions. *Incorporate kicks, knees, and elbows into the Chi Sao drills. *Move freely during the Chi Sao drills. *Increase your skills all the way to Chi Gerk (Wing Chun Sticky Hands for the legs). Limited Time Only... Get your copy of How to do Chi Sao today and you will also receive: *Free SF Nonfiction Books new releases *Exclusive discount offers *Downloadable sample chapters *Bonus content ... and more! Develop your reflexes the same way Bruce Lee did, because this Chi Sao is adaptable to real fighting scenarios. Get it now.

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