

# Wing Chun Pro

Alan Orr

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 Kung-fu Joseph Wayne Smith, 2006-09-15 This martial arts manual is a comprehensive guide to the basic forms and principles of Wing Chun kung-fu. In over 300 black-and-white photographs, Wing Chun Kung-Fu: A Complete Guide leads the reader step-by-step through the beginning forms of Wing Chun kung-fu, including Chi gerk, Chi sao and Wing Chun sticky-hand and sticky-leg techniques, as well as detailed commentary on the theory behind each move. Other sections include specialized fighting and grappling techniques and instructions on using weapons. An additional section is devoted to weight and power-training exercises that will be of particular benefit for serious students of Wing Chun.

**The Tao of Wing Chun** John Little, Danny Xuan, 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 - 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.

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 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.

Wing Chun Kung-Fu Volume 3 Joseph Wayne Smith, Dr.,1992-12-15 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.

*Complete Wing Chun* Robert Chu, Rene Ritchie, Y. Wu, 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!

**Wing Chun Kung-Fu** Joseph Wayne Smith, 1992

**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. Students will learn Chi Sau, Siu Lim Tao, Chum Kiu, and Biu Tze from the many illustrations that show the forms. 150 photographs.

An Approach to Ip Man Style Wing Chun Wayne Belonoha, 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 Belonoha 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. From the Trade Paperback edition.

**Guangdong Wing Chun** Igor Dudukchan, Wing Chun, it is the most famous and dynamic style of Wushu in the world. Its distinctive features are the simplicity and economy of movements, softness, and flexibility, as well as the effectiveness of defenses and the power of attacks. The main purpose of this branch of Chinese martial arts is the fastest achievement of victory in battle with the minimum effort and energy. The book offered to readers is devoted to an overview of the Wing Chun Kuen techniques, which became widespread in schools of Guangdong province. The book contains a large number of illustrations detailing the features of the techniques of the style and will be useful for everybody who studies the martial arts. Contents: Introduction Chapter 1. The Origin and Development of Wing Chun Kuen Chapter 2. The philosophical aspects of Wing Chun Kuen Chapter 3. Stances and movements Chapter 4. The strikes technique Punches Elbow strikes Kicks Chapter 5. Defense Techniques Blocking by hands Blocking by legs Chapter 6. Methods of attack Methods of the first group Methods of the second group Techniques of the combination attack Chapter 7. Methods of Defense and Counterattack Defending against single punches Defending against series of

strikes Chapter 8. Special Exercises Chi Sao - Sticky Hands - Dang Chi Sau - Shuang Chi Sau - Shuang Chi Sau with attacks Lop Sau - Grabbing Hands Chapter 9. Forms The opening form Sup Yee Sik - The twelve forms Siu Nim Tao - "The Form of a Small Idea" Chum Kiu - Seeking the bridge Biu Jee - "Darting fingers" Chapter 10. Wooden Dummy Form Conclusion

**The Wing Chun Compendium, Volume Two** Wayne Belonoha, 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 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.

*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.

*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.

**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** 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.

Wing Chun Warrior Ken Ing,2010-07-16 Duncan Leung was introduced to Wing Chun Kung Fu by his childhood friend, famed screen star Bruce Lee. At the age of 13, after the ritual of 'three kneels, nine kowtows' in the traditional Sifu worship ceremony, he became the formal disciple of sixth-generation Wing Chun master Yip Man.

**The Fighter's Edge, Levels 1 and 2** John N. Beall, III,1993-05-01

Ip Man Wing Chun - the Best Book on Wing Chun Kung Fu - English Edition - 2018 \* New\* alessandro sivo,2019-12-10 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 Masters, 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 WING CHUN KUEN is therefore 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 start immediatley to self learning and 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 NEW WING CHUN GUYS GIVING THEM IMPORTANT TECHNICAL DETAILS WHICH PROBABLY BY THE COMMON MASTERS ARE NOT TRANSMITTED AND KEEPED 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

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