

Siu Lim Tao

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 Mai 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.

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. 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-untill 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 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. More than 1400 illustrations.

The Internal Path

Siu Lim Tao - Die kleine Idee

Chinese Movement & Meditation for Health

Traditional Chinese King Fu for Self-Defense and Health

Traditional Wing Chun - The branch of great master Yip Man

Unknown Wing Chun - The branch of great master Chan Wah Chun

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

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,

In this guide, author John Hennessy presents a concise, to-the-point volume on martial arts written from the perspective of prospective students to help make sense of complicated routines that remained reserved for senior martial arts students. "The Essence of Martial Arts" is an easy-to-read instructional guide to mastering the more difficult maneuvers and then applying them to real-world scenarios. You may be new to martial arts, experienced, or somewhere in between. Perhaps you've never been to a dojo, dojang or kwoon, or perhaps you spend a large portion of your time at one of them. Whatever the case, you will be able to pick up the elements of martial arts quickly and put them to use. This guide covers the basics, but also addresses more specific approaches for fighting and self-defense. So jump right in. With good guidance, it's not difficult to achieve excellence in martial arts if you absolutely commit to doing so.

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. Wing Chun has many styles and schools such as Yip Man school, Pan Nam school, Yuen Kay-San school, Nguen Te Cong school (Vietnamese Wing Chun - Vinhxuan) and others. Nguen Te Cong (Yuen Chai-Wan) is a founder of Vietnamese Wing Chun school. He and his brother (Yuen Kay-San) learned kung-fu under master Fung Siu-Ching and master Fok Bo-Kuen. In 1936 he moved to Hanoi (Vietnam) and opened martial art school. His Wing Chun style has many different forms: Thudao quyen (siu lim tao), "108" form (partner form and wooden dummy form), Five Animals form. This forms and combat applications are present in this ebook. Contents: Introduction Chapter 1.The theory of Wing Chun Chapter 2. Stances and moving Chapter 3. The Sirokes Chapter 4. The Defense Chapter 5. The Throws and Grabs Chapter 6. The methods of attack Chapter 7. The defense and the counterattack Chapter 8. The Thudao quyen (Siu Lim Tao) Chapter 9. The «108» form - The «108» form with the opponent - The «108» form with the Wooden Dummy Chapter 10. The Five Animals fist - Ngu Hinh quyen (The joint five animals form) - The martial combinations - The paired form Capter 11. Chi sao (The sticky hands) Appendix 1. The Tiger form (Ho quyen) Appendix 2. The Leopard form (Bao quyen) Appendix 3. The Crane form (Hac quyen) Appendix 4. The Snake form (Sa quyen) Appendix 5. The Dragon form (Long quyen)

Complete Wing Chun

Wing Chun For Street Fighting and Self Defense

Black Belt

Wing Chun Sil Nim Tao

Wing Tsun Kuen

Volume 1: Blocking, Striking, Kicking and Footwork Fundamentals

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.

The next step in Wing Chun after learning the Siu Lim Tao is to learn Chum Kiu; this is the second form in the system and takes you from the stationery position of Siu Lim Tao by adding mobility and kicks including a brand new tool set thus giving you a whole new outlook on how things work in the system, suitable for home study via my distance learning course or just simply to help you with your knowledge of wing chun, this book is the intermediate level of wing chun known as Chum Kiu or Bridge seeking, you should read and absorb the first Book for Siu Lim Tao before attempting this as you will just create a whole bunch of mistakes in your wing chun.

In this classic text, wing chun master William Cheng unravels the mystery behind the elusive energy of chi. He provides exercises to increase and direct the flow of chi and explains how chi affects the body, the philosophy behind the famous yin-yang symbol, pressure points and the 32 meridians, the principles behind dim mak (the often misunderstood "death touch"), and more. This book is a must-read not only for kung fu practitioners but also for anyone interested in Eastern philosophy.

Although much has been written about Jeet Kune Do, the art of Bruce Lee remains an enigma, spawning endless debate about what constitutes the art and how it should be taught and applied. "Understanding Jeet Kune Do" is vastly different from the books on Bruce Lee's martial art that has preceded it, offering a fresh and simple look at the mystery that is Jeet Kune Do. In "Understanding Jeet Kune Do," author Jason Korol demonstrates- that Jeet Kune Do is the science of self-defense- not a mere concept or, for that matter, just a conglomeration of other arts. -what the basis for a rationally consistent method of self-defense is and how Bruce Lee's Jeet Kune Do is consistent with that method. -a logically consistent definition of self-defense and explore its ethical, technical, and strategic corollaries. -why certain aspects of Lee's Jeet Kune Do must be taught as is - as the foundation of the method - or else it ceases to be Jeet Kune Do. "Understanding Jeet Kune Do" will have a unique appeal to Jeet Kune Do enthusiasts and the average martial artist that wants to gain a better understanding about the art of Jeet Kune Do.

Unknown Wing Chun - The Branch of Great Master Chan Wah Shun

Siu Nim Tao

Wing Chun - Closing the Gap with Chum Kiu

The Intelligent Art of Self Defense

The Tao of Wing Chun

Qigong

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.

The art of Wing Chun is a fast, direct, no nonsense style of Kung Fu made famous by Bruce Lee. It inspired him in his search for the perfect martial art style. Our series, written by K. T. Chao and John Weakland presents the three levels of training. Siu Lim Tao, Chum Kil, Bil Jee. This is the second or intermediate level, Chum Kil (Kiu). All the training necessary to achieve the second level is clearly presented in the book. It is lavishly illustrated by photographs and direct descriptions of each movement.

Do you think you are practicing "techniques" in Siu Nim Tao?Do you think you are practicing "basic moves", "defenses" or "strikes" in Siu Nim Tao?Do you think that keeping the "central line" in Siu Nim Tao is all important?If you train Wing Chun, chances are that you have trained it with false concepts in mind and totally wrong in the past.This book is about Siu Nim Tao from the point of view of a body therapist.It reveals some basic anatomical principles and a different view of your body.It will show you what the real purpose of Siu Nim Tao is and how to practice it properly.You will learn- what the founders of Wing Chun knew about the human body- how to improve strength and power without lifting weights- why and how lifting weights makes you weaker- what Siu Nim Tao is NOT- what Siu Nim Tao actually is and how to practice itIf you are an open-minded and ever-seeking person this book is for you.Regardless of your lineage - be it Wing Tsun, Wing Chun, Ving Tsun, or whatever - this book will widen your perspective.This book may change your view on Wing Chun forever

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

Beginning Wing Chun: The Ultimate Guide to Starting Wing Chun

Understanding Jeet Kune Do

Mastering Wing Chun Kung Fu

"the Little Idea" : the First Form of the Lo Man Kam Wing Chun System : an Illustrated Introduction

Wing Chun Kung Fu

Disrupting Disciplinary Boundaries

The book is devoted to analysis of using mantis fist and paw in Wing Chun. On the base of analysis of traditional Wing Chun forms «Siu Lim Tao» (little idea) and “Form 108” on the wooden dummy author gives techniques of using blows with mantis fist and blocks by mantis paw in Wing Chun. Book contains wide number of illustrations with detailed description. This material widens Wing Chun technical arsenal and practically deciphers the little used movements from «Siu Lim Tao» form.

The first part of Master Wong’s biography. Discover how the early life of Master Wong was dominated by bullying, by violence - and by death. How his violent and troubled early childhood and the influences, both benign and evil, of those around him in northern Vietnam, set him on the path to developing his martial arts skills - making Master Wong into the man he is today. Read about the physical attacks and the bullying that Master Wong endured, even when he was only of pre-school age. How the beatings he suffered came from other children as well as from adults - even family members. Discover how he learned to look after himself; to become self-reliant; to become strong and confident - both physically and mentally. Life-threatening injuries. An attack by a tiger. Explosions - deadly explosions. But just once in a while ... comical. Master Wong’s early life was terrifying and action-packed at the same time. Learn how the character of Master Wong started its formation. How the mixed-race boy, living by his wits on the streets of coastal villages and towns near to Halong Bay and stealing to survive, began his journey to international Wing Chun Master.

This book is about the first form of the Lo Man Kam Wing Chun Kung Fu System and in later sections explains some applications of this form. It is the first of a set of books, in which we will present Sifu Lo Man Kam’s Wing Chun System. We want to offer all readers the knowledge which Sifu Lo Man Kam gave us during the instruction of the first form, “Siu Lim Tao”. The “first form” demonstrated in this book is the Siu Lim Tao which Sifu Lo Man Kam teaches to-day in his Lo Man Kam Wing Chun System.

"This is a reproduction of the original book."

Siu Lim Tao - The Little Idea

Making Your Skills Work in Practice

Principles & Techniques

Young Ideas

The Vietnamese Wing Chun - Vinhxuan

Close Range Combat: Wing Chun

Eine Einführung in das Wing Chun System von Sifu Lo Man Kam in Wort und Bild. Sifu Lo Man Kam ist der Neffe des berühmten Yip Man, der auch Bruce Lee unterrichtet hat. Mit Texten von Sifu Lo Man Kam, Gordon Lu, Marc Debus, Philip Müggler, Horst Uecker u.a. 2 überarbeitete Auflage. Auf Readern die Farbdarstellungen ermöglichen sind die Bilder in Farbe, bei Tolino Geräten werden die Bilder schwarz-weiß dargestellt.

This book disrupts disciplinary boundaries to make a case for the future direction and growth of martial arts studies as a unique field

Siu Lim Tao - The little ideastilno media

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, Chum 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.”

Unlocking Wing Chun's Potential

The Philosophical Art of Self Defense

The Essence of Martial Arts

The Definitive Guide to Wing Chun's History and Traditions

Little Dragon

How To Do Chi Sao

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 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 martial arts figure in the world. 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 * 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 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 Palming Hand) * 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 style doesn't work in a brawl. Get it now.

Although the art of wing chun kung-fu is perhaps one of the most popular martial arts in the world, it was kept very much private until the 1950's. Hailing from mainland China, the Yuan Kay-San system of wing chun, one of the most rare and elusive branches of the art, is finally introduced to the Western world. For the first time in book form, Rene Ritchie, one of the art's leading scholars, shares the fundamentals of the Yuen Kay-San system of wing chun. Included are the history and foundation of the art, the sup yee sik and siu lien tao forms, and their practical applications. For beginners, it serves as a great introduction to wing chun; for the seasoned practitioner, it offers a new and unique perspective into the art.

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

Mantis fist in Wing Chun

Wing Chun Unchained

"die kleine Idee" - die erste Form des Lo Man Kam Wing Chun Systems in Wort und Bild

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

Martial Arts Studies

The first and most basic form in Wing Tsun explained in detail with beautiful illustrations for beginners and pros alike.

Qigong translates as "breathing exercise," or "energy skill," and has a long history in China. You can learn to use these breathing techniques to activate qi (energy) to increase a sense of well-being as well as to heal yourself and develop a sense of personal empowerment. With 120 illustrations of Master Michael Tse, showing these easy-to-use techniques.

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 deeper 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.

An essential and complete guide to Siu Lim Tao, the first form of Ving Tsun Kuen.

The Wing Chun Compendium, Volume One

Chinese Gung Fu

Siu Lim Tao

How to Develop Chi Power

Second Level Chum Kil

The Secret Siu Nim Tao

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.

Version 3 just launched with no increase in price In theory, Wing Chun concepts and ideas should be easy to grasp for all beginners. Wing Chun is based on the natural body structure and common sense found in fighting. However, in reality beginners can be overwhelmed with the amount of information, theories, strategies, and ideas that Wing Chun has to offer. Wing Chun taught properly is not simply, follow me and do this. So, the path it takes to training will be foreign to anyone who has never experienced it before. That is why I have written this beginners guide to help you get started quickly and easily. Here Is A Preview Of What You'll Learn... What Is Wing Chun? Who invented Wing Chun? Can I start Wing Chun at anytime? Will I be out of place? Can I watch a class? Is Wing Chun suitable for everyone? Is it even suitable for the disabled? Am I too old to start Wing Chun? What are the requirements for training in Wing Chun? What does a typical Wing Chun class consist of? Does Wing Chun have a grading system? Do I need to be aggressive? Will I get hurt in class? Do I have to be fit to start training? How long will it take to get good? What are the wing chun forms? - Sil Lum Tao (Little Idea) - Chum Kiu (Bridging the Gap) - Biu Ji (Thrusting Fingers) - Mook Yan Jong (Wooden Dummy) - Baat Jam Dao (Butterfly Swords/Eight Cut Swords) - Look Dim Boon Grun (Dragon Pole/Six and Half Point Pole) And much, much more Download your copy today! Take action today and download this book for a limited time discount. Scroll to the top of the page and click the Buy button.

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 "today's" 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 its' full potential as well.

Seeking the Bridge

Wing-Chun Martial Arts

Siu Lim Tao - The little idea

Wing Chun

