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# Wing Chun Kung Fu

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Combat Principles of Wing Chun Kung Fu  
Learning Wing Chun Kung Fu  
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Wing Chun - Kung Fu - Closing the gap with Chum Kiu  
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SIMPLY WING CHUN KUNG FU  
The Wing Chun Compendium, Volume One  
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Wing Chun Kung Fu

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## SHANIYA ENGLISH

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### **Combat Principles of Wing Chun Kung Fu** Paul Crompton

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. *Learning Wing Chun Kung Fu* Black Belt Communications  
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.

### **Wing Chun** North Atlantic Books

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 fo 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.

### **Wing Chun - Kung Fu - Closing the gap with Chum Kiu**

Tuttle Publishing

This books covers all aspects of the fourth part of the wing chun system, called the muk yan jong, sometimes just called the jong, the book demonstrated the detail of each move in the form and how it is applied against a human.

*Wing Chun* Paul Crompton

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 Kung Fu* Via Media Publishing

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.

[Wing Chun Kung-fu Volume 1](#) North Atlantic Books

Not simply a training manual but a combat survival guide, *Fighting and Grappling* is a challenging book for all students of the martial arts. In this second volume of *Wing Chune Kung-Fu: A Complete Guide*, the techniques introduced in *Basic Forms and Principles* are shown in combat situations. The combat applications of Wing Chun's sticky-hand, sticky-leg, and grappling and throwing techniques are shown in detail and are fully illustrated. A chapter on the controversial poison touch (dar mak) explains the effect of strikes to the weak points of the human body in terms of both acupuncture and modern medical theory. Finally, the author argues that the martial arts must evolve and develop new techniques to meet a changing environment. He shows this process of integration in action, uniting White Crane kung-fu and Thai kickboxing with Wing Chun to produce a complete and devastating new fighting system.

[The Wing Chun Compendium, Volume Two](#) Blue Snake Books

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. 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. The third form, Biu Gee (Thrusting Fingers), also known as the (First Aid) form, teaches the keys to recovery from the loss of a superior position in fighting. Biu Gee training is one of the keys to learning to focus energy into a strike. Also covered is the Chi Sao (Sticking Hands) training of Wing Chun, as well as the key principles that have made Ip Man Wing Chun one of the most famous Kung Fu systems in the world.

*Wing-Chun Martial Arts* Igor Dudukchan

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.

**Basic Wing Chun Training** Weiser Books

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.

**Wing Chun Kung-fu Volume 2** Paul H. Crompton

This is a short 15 page ebook designed to help you improve your Siu Lim Tau which is the essential and most important part of the complete wing chun system, it does not cover the complete application and form but rather designed for those already on the journey who need a few hand tips.

Mastering Wing Chun Kung Fu Crowood

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.

An Exposé on Wing Chun Kung Fu Tuttle Publishing

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 Kung-Fu** State University of New York Press  
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: Writings for Advanced Practitioners** Simon and Schuster

This is not simply a training manual but a combat survival guide for the street. The techniques introduced in Volume I are now shown in combat situations. The real-life applications of Wing Chun's sticky-hand, sticky-leg, and grappling and throwing techniques are explained in detail, with full illustrations.

*Traditional Wing Chun - The branch of great master Yip Man* Trafford Publishing

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!  
Modern Wing Chun Kung Fu Black Belt Communications  
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.

**Wing Chun Kung Fu - Jeet Kune Do** Blacksmith Books  
A comprehensive, easy to read manual for all Wing Chun exponents. An Exposé' 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.

*Secret Techniques of Wing Chun Kung Fu* Black Belt

Communications Incorporated

The first volume in a two-part series that explores the theory of Wing Chun—a style of kung fu and self-defense—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 Wing Chun 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 twenty 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 two hundred 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."

**An Approach to Ip Man Style Wing Chun** Black Belt Books

This particular anthology on wing chun features only two authors: Dr. Joyotpaul Chaudhuri and Master Jeff Webb. Their academic and practical experience bring a rich text for anyone interested in this unique art, famed for its specialized training methods, combative efficiency, and noted associations with Yip Man, Bruce Lee, and the kung fu film industry. Wing chun is a southern Chinese system, so usually terms are written to reflect Cantonese, often using different romanization systems or mixtures of these systems. On top of this hodgepodge, politics among leading wing chun figures have brought preferences for specific spellings to reflect their unique branches in the wing chun evolutionary tree. Because of this, I have not standardized the romanization in this anthology, as it does not greatly effect the reading. In chapter one, Dr. Chaudhuri analyzes the keys to motion in the second empty-hand form of wing chun: the bridge seeking routine. The focus is on the proper maintenance of the

body's central axis and its motions, which helps with developing the foundations for delivering power. In the following chapter, Jeff Webb discusses the structure and body mechanics of punching techniques, plus various training methods employed for developing power. Also, punching strategy is shown as the greatest factor in differentiating these punches from those of other styles. Chaudhuri then analyzes the structure and function of the primary stance in wing chun's first form (sil lim tao), which instills the relational structure of bone, ligament, joint, tendon, muscle, line and angle, while also teaching the inner virtues of softness, stillness, sinking and emptiness. Two following chapters are by Jeff Webb. The ability to apply martial art techniques at a high rate of speed is essential to overall fighting effectiveness. By looking beyond the physical to the conceptual, he details wing chun's theories that reveal proper timing to be a significant multiplier. His final piece describes both the fundamental and complex methods of "sticking hands" training in detail. It also explains the rationale and theories behind this method as well as discusses a variety of factors that can either improve or retard the acquisition of tactile reflexes. The final two chapters by Chaudhuri and Webb presents some of their favorite techniques. The content of these chapters explain wing chun rationale and unique fighting methods, plus provides logic and advice to benefit the practitioner.

Best Sellers - Books :

- [The Complete Summer I Turned Pretty Trilogy \(boxed Set\): The Summer I Turned Pretty; It's Not Summer Without You; We'll Always Have Summer By Jenny Han](#)
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