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Traditional Wing Chun - The Branch of Great Master Yip Man

Igor Dudukchan

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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 combination s- Chapter 13. Training at the wooden dummy - Conclusion

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