

WING CHUN  
CHINESE MARTIAL ART

咏春







# ABOUT WING CHUN KUNG FU

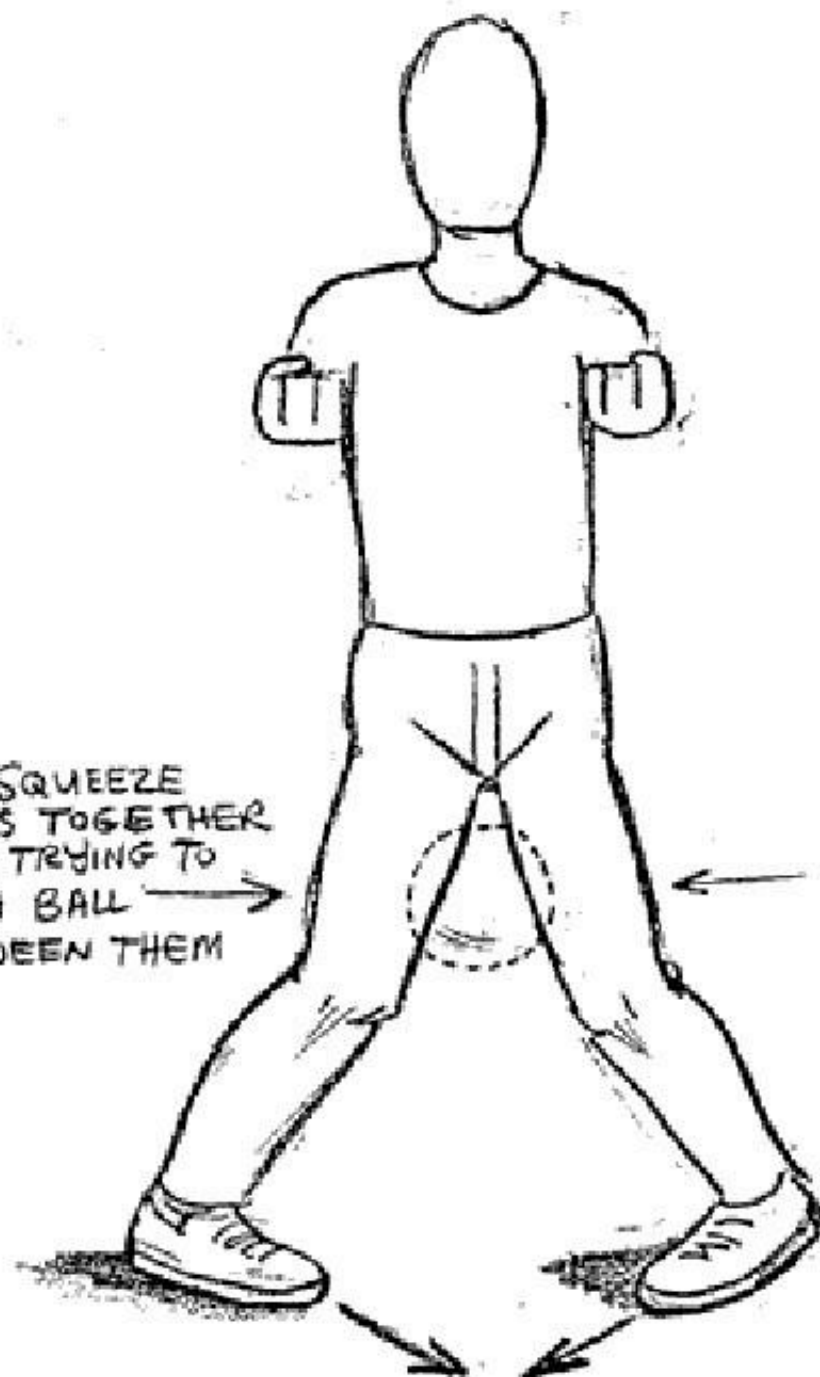
WING CHUN (詠春) is a concept-based Chinese martial art and form of self-defense using both striking and grappling while specializing in close-range combat. It is a relatively young martial art, with most historians agreeing that it developed in southern China approximately 300 years ago.

Wing Chun began to quietly spread throughout southern China, evolving as it was adopted into various groups.





SQUEEZE  
THIGHS TOGETHER  
AS IF TRYING TO  
HOLD A BALL  
BETWEEN THEM

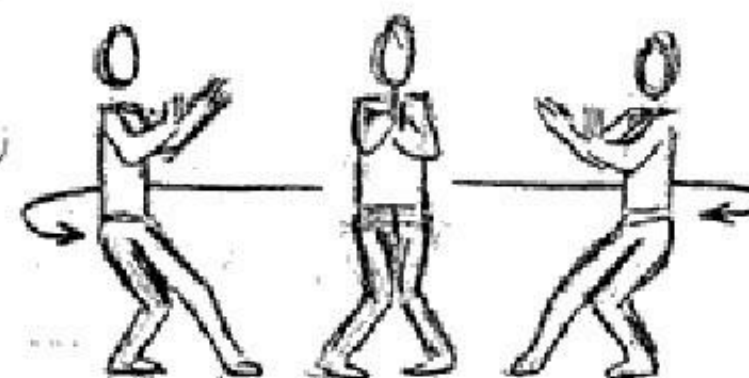


STAND PIGEON

UPPER BODY  
STANDS TALL (DON'T SLOUCH!)

THRUST HIP  
FORWARD

KNEES  
BENT



FROM A PROPERLY FORMED  
HORSE STANCE YOU SHOULD  
BE ABLE TO PIVOT EASILY  
INTO A SHUFFLE STANCE,  
WITH NO ADJUSTMENTS TO  
THE LEGS, OR FEET.



Wing Chun is in some sense a "soft" school of martial arts. However, if one equates that work as weak or without strength, then they are dead wrong. Chi Sao in Wing Chun is to maintain one's flexibility and soft mess, all the while keeping in the strength to fight back, much like the flexible nature of bamboo"

*—Yip Man*



THANKS FOR WATCHING