



Wing Chun Kung Fu The Wooden Dummy

Sifu Mark Beardsell



Wing Chun Kung Fu The Wooden Dummy:

Wing Chun Kung Fu Shaun Rawcliffe, 2012-12-21 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 - The Wooden Dummy - Our Forgiving Friend - HSE Mark Beardsell, 2018-06-18 For those on a budget this is exactly the same as the more expensive colour version however this one is in black and white and just as the other 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 Kung Fu Sifu Shaun Rawcliffe, 2008 Characterized by economical movements simultaneous attack and defense hand techniques and powerful low kicks Wing Chun Kung Fu is now one of the most popular of the Chinese martial arts. This helpful guidebook addresses the uses of the Muk Yan Jong more commonly known as the Wooden Dummy form within the Wing Chun discipline. All of the 116 movements incorporated into Wooden Dummy are covered and illustrated with step by step photographs and information is provided on the practical applications of these movements. A detailed explanation of the principles and concepts behind the form as well as its shape and structure is also included along with a number of practice exercises and drills.

Traditional Wing Chun - Wooden dummy training Igor Dudukchan, **Wing Chun Wooden Dummy** Sam Hing Fai Chan, Brad Groom, 2002-01-01

Cantonese Wing Chun Igor Dudukchan, 2017-01-24 This ebook describes in detail the principles technique and the little known wooden dummy form practiced Cantonese schools of the Chinese Continental Wing Chun Kung Fu. Many experts believe that this form is the most ancient sequence of movements on the wooden dummy transmitted to the subsequent generations by the original founder of the Ng Mui style. CONTENTS Introduction Chapter 1 The construction of the wooden dummy Chapter 2 The Basic technique Movements Hardening of the stroke surfaces Chapter 3 Form with the wooden dummy Part 1 Part 2 Conclusion

The

Wooden Dummy Alexander Richter,2021-12 In this fifth installment of the Wing Chun Companion Book series Sifu Alex Richter aka The Kung Fu Genius describes the Wooden Dummy s context origins form maxims and key applications in detail

Wing Chun Samuel Kwok,Tony Massengill,2006-10-10 The Wing Chun wooden training dummy is a training device designed to correct technique and structure as well as increase power speed accuracy and conditioning Learn the true Original Ip Man s Wing Chun Wooden Dummy form from Grandmaster Samuel Kwok This book is a complete step by step guide to the Wooden Dummy hands techniques legs application and footwork All the original sections are demonstrated clearly from start to finish in different camera angles to facilitate easy and accurate learning There also is a description of each segment and its most common training mistakes to improve not only your technique but your level of understanding In addition to teaching the skills on the wooden dummy Grandmaster Samuel Kwok demonstrates the applications of the wooden dummy training techniques on a partner giving an excellent idea of the combat effectiveness of each movement

Wing Chun Plum Flower Posts Wayne Belonoha,2020-10-20 Apply and defend against all manner of kicks sweeps leg locks leg checks and kick checks by learning to master the lost study of plum flower posts It s time to rediscover the forgotten secrets to harnessing and wielding the power of the plum flower posts in combat The missing link for training the Wing Chun stance this book helps intermediate students and practitioners reach the highest levels of proficiency teaching leg skills sticking skills good positioning and checking and immobilization skills The plum flower posts consist of 11 posts 10 wooden gerk jong or legwork posts and one mok yan jong or wooden man post Together they complete a set called the moy fa jong The wooden dummy trains practitioners to protect the upper centerline by applying hard techniques with proper distance position and leg control while the gerk jong are designed and placed to train all elements of legwork and manage the lower centerline A valuable training tool for any and all styles and families of Wing Chun mastering the posts ensures that you never lose a fight due to lost balance or bad positioning fall from leg sweeps leg locks or leg checks or miss the knockout because of poor distance or knockout power Comprehensively written and supplemented with 180 full color illustrations and photos *Wing Chun Plum Flower Posts* is an essential resource for Wing Chun students practitioners and teachers looking to expand their knowledge base and skill set

Vietnamese Wing Chun Semyon Neskorohev,2016-05-13 The wooden dummy is one of the main training apparatuses and the Form 108 is the main training method in Wing Chun The Form 108 was described in the book in details there was also considered the peculiarities of execution the main qualities that must be acquired by the practicing at the regular training

Wing Chun Kung Fu Shaun Rawcliffe,2012-12-21 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 - the Wooden Dummy Sifu Mark Beardsell, 2016 This book 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 Kung Fu For Seniors Wei Jing Wallace, 2025-09-10 This Book is a practical martial art focused on close range combat and efficient self defense This book provides clear guidance for learning its essential techniques and principles It begins by explaining the history and core concepts of the system then details the foundational forms that build structure and movement The wooden dummy section covers its applications for developing power timing and combat reflexes Training with the bamboo ring and long pole is shown to improve strength and body coordination The book also introduces the butterfly swords and their role in understanding precision and control Finally it discusses how these traditional methods remain relevant today offering accessible ways to enhance physical health mental focus and personal safety in everyday life

Wing Chun Kung-Fu Joseph Wayne Smith, Ph.D., 2011-12-10 The essential guide to Wing Chun Kung Fu basic forms and principles fighting and grappling advanced techniques and weapons Featuring over 300 black and white photos and step by step illustrations Wing Chun Kung Fu A Complete Guide offers clear straightforward and authoritative instruction to the Chinese martial art of Wing Chun Kung Fu This Wing Chun book introduces and demonstrates the three empty hand wing chun kung fu forms the combative building blocks of the system including sticky hand and sticky leg fighting chin na and the theory of vital strikes to the weak points of human anatomy dar mak This Wing Chun guide also introduces the wooden dummy form the six and a half pole form and the use of butterfly knives In addition this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in depth understanding of both the practical application of this fighting art and the meaning behind it Other sections include specialized fighting and grappling techniques and instructions on using weapons An additional section is devoted to conditioning stretching power training and weight training exercises that will be of particular benefit for

serious students of Wing Chun and practitioners of any martial 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 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 **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

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 **Black Belt** ,2003-10 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 marital arts figure in the world **Black Belt** ,1983-06 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 marital arts figure in the world

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Wing Chun Kung Fu The Wooden Dummy Introduction

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