



Wing Chun Kung Fu The Wooden Dummy

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

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

Traditional Wing Chun - Wooden dummy training Igor

Dudukchan, *Wing Chun Traditional Wooden Dummy* Samuel Kwok, Tony Massengill, 2010 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

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 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

Black Belt , 1998-01 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

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

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Vietnamese Wing Chun Semyon Neskorochev, 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 **Black Belt** ,1985-03 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 Kungfu Basics Paul Eng,2011-12-20 Get your training off to a great start from basic kicks to training and tournaments this book is a perfect introduction to kung fu for beginners It s everything you need to get started in kung fu Are you eager to learn kung fu but don t know where to begin Are you intimidated by the unfamiliar terms or the variety of styles With Kungfu Basics you ll become an expert in this Chinese martial art in no time Whether you are considering taking up this martial art or you ve already started Kungfu Basics offers an easy yet comprehensive introduction to everything you need to know to feel confident and be successful You ll learn about The origins of kung fu philosophy history and different styles What really happens in a kung fu class invaluable tips on choosing the right school getting ready for your first class and basic training methods The essential elements of the style stances footwork kicks and hand techniques with tips on common mistakes and how to get the most power out of each move Drill and conditioning exercises exercises to compliment your training Effective ways to improve your kung fu technique traditional teaching advice of Chinese masters Resources help further develop your knowledge and understanding of kung fu

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