

The Leung Ting Wing Tsun System

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 combinations Chapter 13. Training at the wooden dummy Conclusion

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 Great grandmaster IP MAN. This is the second edition with new photos and Information as in the bow and string concept of punching. The story of Duncan Leung ? childhood friend of Bruce Lee, disciple of legendary master Yip Man, and New York kung fu teacher ? is valuable not only for its insights into martial arts but also for its portrayal of the lost Hong Kong of the 1950s and 1960s. Each anecdote is introduced with a proverb or teaching from Chinese philosophy, and illustrations follow each fight story, making for an educational and entertaining read.

Through conversations with many historical Wing Chun figures such as the Grandmaster Yip Man's sons; Yip Ching and Yip Chun, and other top disciples of his like Wong Shun Leung, Willian Cheung, Victor Kan, Leung Ting, etc...the information in this book has never appeared anywhere before. The author, Jose M. Fraguas proudly presents "Wing Chun Masters," with an amazing repertoire of great masters and teachers of the art of Wing Chun Kung Fu. In this volume, interviews with the world's top masters like the "Kaiser of Wing Tsun," Keith R. Kernspecht, and leading world instructors like Augustine Fong, Samuel Kwok, Francis Fong, Jim Lau, Gary Lam, Stephen Chan, etc, have been gathered to present an integrated and complete view of the "Beautiful Springtime" Chinese art of fighting, philosophy, and self-defense. The late Master Jim Fung and outstanding world teachers like David Peterson, Robert Chu, Tony Massengill, Leo Au Yeung, Randy Williams, Chow K. Chung, Gorden Lu and legendary fighter Emin Boztepe, amongst others, explain the many concepts and principles of the art in a clear manner that everyone can understand. Packed with dynamic photographs, this book presents the ins-and-outs of the philosophy of the art of Wing Chun. This volume contains intriguing thoughts, fascinating personal details, hidden histories, and inspiring philosophies, as each master reveals his true love for the art and a deep understanding of every facet associated with the practice and spirit of the Chinese art of Wing Chun Kung Fu as a way of life. This invaluable reference book is a "must have" addition to your personal library.

A black-and-white paster of Grandmaster Yip Man included. The only book teaches you the complete set of the 136 REAL WING TSUN (WING CHUN) WOODEN DUMMY techniques and the applications. The book contents a description of the origin and development of the Wing Tsun dummy, illustrations of the wooden dummies, the 116 Wing Tsun (Wing Chun) dummy techniques, Applications and explanations of the Wing Tsun dummy techniques, as well as the story of Yip Man.

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.

This book is the 2nd edition in black and white version for those on a budget using high definition pictures and with new content not found in the first edition. It is an introduction for those interested into delving in to the world of Wing Chun Kung Fu covering the essential concepts made famous by Bruce Lee and in the last couple of years brought to the cinema with the release of IP Man (2008) and Ip Man 2 (2010). Mark Beardsell has studied the Siu Lim Tau in great depth and wished to share his findings with you and so went about writing this book.

Wing Chun is one of the most popular martial arts in the world. It was made famous by Bruce Lee and his master, Yip Man. The most practiced form of Wing Chun is the Hong Kong version, which is streamlined and compact. However, older systems survive in China and one of them is the obscure art known as Fut Sao (Buddha Hand) Wing Chun. Fut Sao Wing Chun was brought to America in 1961 by Grandmaster Henry Leung, (Hong Lei, Chi Man), who learned the whole system under Great Master Gao Jhi Fut Sao. The system was passed down in America to Master Leung's one disciple, Sifu James Cama. In this book Cama sets out, for the first time, the outline of the Fut Sao system of Wing Chun

