

Wing Chun Is An Art Of Concepts, Wing Chun Is An Internal System

This is a little journey through part of my **Wing Chun notebook of different Wing Chun techniques, sections, applications and other tips of wisdom journaled over a number of years in my pursuit of [learning self defense](#)**.

For a lot of people this will not make any sense, and thats ok, if you are just skimming through you will still find value among the techniques and their definitions in the hi-lighted boxes of wise sayings :)

If you are interested in reading more about Wing Chun [these books on Amazon](#) can provide further insight into this elegant yet highly effective art. Thank you for allowing me to share this with you.

1st you need to know the why of a technique,

2nd you need to know the how of it

Last you need to TRUST the technique

There is a deeper meaning to these techniques than simple physical movements that cannot be explained in a single article and my intent was not to try and explain the art in whole but rather just share a little bit of the technology as [Master David](#) likes to refer to it.

Hoi-Ma: setting up of the stance (kim yee

ma)

Aduction: a linking force between the legs. Applied in Wing Chun it is what links your upper body to your lower body and grips your body to the surface you are standing on

Lin-Wan-Kuen: chain punches

Kwan-Sau: rotating arms

Chi-Sau: arm clinging (exercise)

Pun-Sau: rolling arms

Pak-Sau: slap-block

Tie-Sau: lifting arms/ rising of arms

Tut-Sau: freeing arm

Kau-Sau: circling block

Jut-Sau: jerking hand

Jum-Sau: sinking block

Lap-Sau: deflecting arm

Lan-Sau: bar arm

Huen-Sau: circling hand

Biu-Tze-Sau: thrusting fingers

Kung Fu is defined as “skill through hard work”

Anyone can possess good “Kung Fu”

If you are skilled in your work then your “Kung Fu” is strong!

Bong-Sau: shedding arm

Chang-Sau: spade arm

Dan-Chi-Sau: single arm clinging

Fak-Sau: whisking arm

Fook-Sau: bridge-on arm

Gaun-Sau: splitting block

Gum-Sau: pinning hand

Gwat-Sau: wiping hand

Man-Sau: inquisitive hand

Wu-Sau: protective hand

Tan-Sau: palm up arm

Kwai-Jarn: downward elbow strike

Pie-Jarn: elbow hacking

Fan-Su-Lik: resurrection force

The purpose of turning is to get your center mass off of their

attack and

should be considered a last resort.

Footwork (Turning)

Good Adduction

Turn on the center of your feet

Only turn one foot at a time

The outside foot ALWAYS turns first

A Black Belt Is Just A Dirty White Belt