

WING CHUN BONES



Wing Chun: the name of a martial art that originated in the southern part of China. Also known as “Eternal Springtime Boxing,” its historical roots are lost in the mists of time. According to legend, when the Southern Shaolin Monastery was burned down, a handful of people escaped. One escapee was a female martial artist. She taught martial arts to a young girl named Wing Chun. The style is named after her.

Example of usage:

“I’m learning Wing Chun from Rai Swift.

His Wing Chun is real.”

Wing Chun: to jostle and disorientate someone. To shove, push, hit, pull, knock, clip, barge, jockey, prong, jar, disorientate, crack, discombobulate and otherwise violently and relentlessly attack an individual's balance.

Example of usage:

"I Wing Chunned him!"

*Sometimes you want to give up the
guitar,
You'll hate the guitar.
But if you stick with it,
You're gonna be rewarded.*

- Jimi Hendrix

Who is this guide for?

1. Individuals with a general interest in martial arts.
2. Practitioners of martial arts and combat sports who are looking for a simple yet effective method.
3. Students of Wing Chun.

This short guide will give you the essential elements of Wing Chun – what you need to get good.

I'm going to focus on the most important pieces of the jigsaw - the foundation.

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Introduction

*"Welcome what comes, escort it out
and rush in on loss of contact."*

- *Wing Chun proverb*

I once had a student who practiced Wing Chun, Karate and Muay Thai. At the time I was teaching a class in Manchester in a martial arts gym that had several different classes going on in the evening. My student used to train Wing Chun for an hour with me, do an hour's Muay Thai, then put his *gi* on and join the Karate class. I thought this was great.

After a few months I asked him how he would describe the differences between the different arts.

I figured that if he'd been doing classes in the three martial arts back to

back, he'd be in a good position to compare.

"From what I've seen," he mused, "Muay Thai is a violent ring sport, and Karate is a way of discipline."

"And Wing Chun?" I enquired.

"Wing Chun is a killing art," came the response.

Speaking of Muay Thai, I love to give my students the chance to compete in inter-club Thai boxing competitions. It gives them something to train for. They seem to do pretty well. We are easy to spot – we are the guys standing in a circle, practising standing, before the fight starts.

Part 1 - General Principles

"Live in the centreline"

If you understand what I mean by the term "the centreline", and how the centreline works, you'll understand (at least intellectually) how Wing Chun - *the centreline game* - works. Your movement should be informed by an in depth study of the centreline. In brief, how you receive somebody else's force, and how you issue force on somebody else effectively depend on how you use the centreline.

What is the centreline? It's an imaginary (in the sense that you can't see it, but real in the sense that it is functional) vertical line that runs through the centre of a person, from top to bottom. It's the vertical axis of

rotation – the “X” axis. Think of how the Earth spins on its axis and you’ll have a clear visual idea of how the vertical centreline works (although, as we know, the Earth is tilted on its axis). I use the words “centreline” and “axis” interchangeably. For our purposes, they mean the same thing.

A good Wing Chun man will use his centreline to, amongst other things, blast through the obstacle in front of him. He will use the centreline to close in and demolish an opponent whilst misdirecting his opponent and dissipating his force. He will also use his centreline to receive an opponent’s force and softly and craftily lead his opponent into a tactical trap. A master of Wing Chun will welcome incoming force with an iron fist inside a velvet

glove, cunningly and softly setting up the person on the other side of the equation into a disastrous position. When you meet a master, you won't be able to go forwards, or backwards, up or down...

Don't confuse the centreline with a line that is drawn down the front of the body where many of the body's vital points lie (the frontal vertical line.) The centreline is an axis – it runs through the middle of the body. It goes through the crown of the head, through the torso and comes out of the perineum. Remembering this will help you to make the system work for you. Think of the centreline as the vertical axis of rotation – and start to use it as such - and your martial

practice will be simplified and improved.

For practical purposes, consider your partner's axis as your target. Don't chase his hands or any of his extremities. Use the most appropriate weapon in your arsenal to attack his axis. Consider your axis to be a hammer and your weapon (hand, elbow, shoulder, head etc.) to be a nail. Hammer your nail into your partner's axis. As you hammer your partner's axis he'll start to fall back. Seize the opportunity to break your partner's axis by landing at least three clean strikes on him. This will stun him and render him momentarily incapable of acting on you, giving you the opportunity to move on to the next person or exit the scene.

Keep your centreline vertical - try not to bend it. There are two reasons for keeping the centreline vertical - power and strategy. Because power comes from the ground, and because the connection between the legs and the torso is so important, it's vital that structural integrity is maintained via a vertical centreline.

From a strategy perspective, it's not a good idea to lower the head or bend too much at the waist – that is, bend your own centreline. Don't put your head in harm's way by doing so.

Keep the centreline intact – don't break it. If you turn, turn your whole body and look at the situation directly - head on. Don't turn your head independently of your body. Move the head and the torso as a unit - don't

break the unity of the axis. When you turn, turn the whole body on the axis, maintaining structural integrity. When you turn, turn at the waist, and face the situation with your whole body.

Whether you're in a neutral stance (both feet parallel) or if you've taken a left or right lead, there are 2 reasons why you might want to turn, both related to power. When you turn - for attack (generating power) or defence (dissipating your partner's power) rotate on the centreline. Be disciplined about this. If your opponent's force is too great for you to handle and you feel your structure buckling, move the whole frame by stepping away on a 45 degree line from his power. Conversely, if there is a force gap, step your whole frame through it directly

and wedge yourself into it - leading with your weapon, of course.

In all situations be aware of your posture and maintain good physical form. Stand up straight. Sit up straight. At all times maintain good posture whilst being as relaxed as possible. Give your emotions the space that they need to flow freely and honour your body by maintaining its most dignified shape. This will have a beneficial effect on your body and mind.

I use the words "partner" and "opponent" interchangeably. In training we work with partners. We train for use on opponents who we will hopefully never meet. It's our training

partners that keep us sharp, grounded,
strong and healthy.

Instructional anecdote: Wong Shun Leung and the Russian heavyweight challenger.

Wong Shun Leung, the “King of Talking Hands,” is regarded by some as one of the greatest Wing Chun men to have ever lived. He learned from the enigmatic Master Ip Man in Hong Kong in the 1950s and tested his martial skill against many opponents in rooftop challenge matches. Wong demystified Wing Chun and devised a coherent training system – “The Science of Wing Chun Fist Fighting.”

Word of Wong’s skill spread. One day a heavyweight boxer from Russia by the name of “Giko” turned up at the gym. He wanted to see if Wong Shun Leung was as good as some claimed

he was. But Wong was a lightweight – how could a set of rules be devised that would allow both men to compete on an equal playing field? It was agreed that Wong would get three attempts to land clean punches on the boxer. The boxer wasn't allowed to return fire – he could only walk forwards, holding guard. Wong hit the boxer in the midriff, yet because the Russian was so massive, it was Wong who bounced back. Wong did this twice more. The Russian didn't want to carry on. Both men shook hands.

What can we learn from this story? The Wing Chun punch is a *thrusting* punch rather than a *swinging* punch. It penetrates the target. This means that when the Wing Chun punch is

used against a partner, the person on the receiving end is going to be hit and pushed back. However, if the person on the receiving end is much bigger than us, it is us who is going to be pushed back. Someone is going to move.

Wong used the Wing Chun thrusting punch to deliver penetrative strikes to a much larger opponent and to push himself off the bigger man.

“Welcome with what comes, follow as it retreats and thrust forward when your hand is free” – the force gap

Deal directly with the issue at hand. Stand your ground and don't run away from your partner's force. Moving away, or backing up, unless necessary because your structure is overwhelmed by his force, merely postpones having to deal with the problem of how to respond to force.

When your partner issues force on you, you have options. You can intercept his force – cut it off at the root. If your partner goes in to hit you, you could step in and hit him first, for example. This “stop hit” is a direct way

of dealing with force, which forcefully and aggressively cuts off the attack. You can attack his force – attack the attack, stopping him in his tracks. These options have their merits, and are pretty much the standard (meaning basic) Wing Chun approach.

Staying with what comes is something else, though. Don't clash with your opponent. Lead him. Welcome him. Don't resist him - receive him. Allow him to go where he wants to go, then redirect him, even misdirect him. Then when there is empty space between your weapons and your partner's axis there's a force gap. Become adept at identifying and attacking the force gap.

How should you attack the force gap? Just step in, leading with your weapon of choice. Make sure to step your lead leg in between your partner's legs, preferably with your lead knee under your partner's axis. You'll crowd your partner, limiting his opportunities to counter you meaningfully because he will be on the back foot. Press your opponent by driving him back until he can't be backed up any more – force his back up against the wall. If you adhere to the immovable elbow principle by keeping your elbow in the lowest possible position for the job to hand, your partner will feel your force coming up off the floor, so you'll lift your partner up. This combination of crowding and lifting your partner as they are being driven back means that even if you don't immediately get a

clean shot you are still taking the initiative and stealing your man's space and ability to effectively respond to you.

When your opponent realises that you are pushing him back, he'll respond – probably by trying to push you back. This is your opportunity to pull him – pull his push. The combined effect of shoving your opponent, pulling him, and hitting him will jar him and confuse him.

The environment is a weapon. Get into the habit of pushing your opponent into surrounding objects. Pull him into walls, corners of walls, tables, accomplices, chairs, stairs, bins, trees, lamp posts, ledges...you get the idea.

Keep him moving and his mind will be occupied, which will limit his ability to impose his will on the situation.

An effective exponent of Wing Chun rushes in on loss of contact. But this doesn't mean that you should rush in blindly - there has to be an awareness of what is actually happening and a responsiveness to the situation. And don't just march forward by "chain punching" - you are showing your hand of cards to your opponent. Eat his space and crowd him. Jump on your man at the first available opportunity and back him up as much as possible.

Consider an altercation to be a kind of conversation. Rather than engaging in forward and backward bickering, dominate the exchange and don't give your man the chance to respond.

The main aim of all training in today's society isn't so much about turning one into a killing machine as it is about strengthening and disciplining the mind and body so that we are better able to deal with the ups, downs and uncertainties of life.

"A constant flow of forward force towards the opponent's centreline is the secret to Wing Chun"

Keep the pressure on your man. This will yield several advantages.

First, a constant flow of forward force means that you are being proactive. You are taking the fight to him. Action is quicker than reaction - make him react to you and ensnare him in a net of perfect technique.

Put him on the back foot to limit his options. If he's fighting for his balance because you are backing him up, he's not fighting you. Be positive - rather than worrying about how you'll react to this or counter that, impose your will on the situation with constant forward force and take control.

Constant forward force should be responsive. Have a listening quality built in to your force. When your partner blocks or redirects you, adjust with smoothness and precision. Track his centreline directly and with accuracy.

If his force is too great and threatens your structural integrity, collapse your active weapon and use the next weapon in the arsenal - if he stops your hand dead, convert to your elbow. If he stops your elbow dead, convert to your shoulder. This keeps the pressure on your man.

Pay attention to the sensation of the soles of the feet on the floor – and remember, if there's a defect, look to the root - the lower body - to correct it.

“Face the situation directly and with good form”

The force gap - the opportunity to strike the opponent's axis - can be located anywhere in the space between your weapons and your partner's axis. You don't know how many people you'll be up against or where they will come at you from. This means that you need to be able to use either side of your body with fluidity and precision. So face the situation directly and without preference - choose the appropriate lead hand or foot for the situation as it arises rather than training one particular lead and neglecting the other side. Move your weapons directly from where they are to the opponent's axis.

Don't overturn. When turning the centre of the upper body for attack or to redirect the opponent's force, keep your shoulders more or less facing your opponent's axis. If you overturn you'll run the risk of giving up your back. You'll also move half of your tools too far away from your man.

Investigate and train how the centre of the body aids in delivering and receiving power. If you can remember that the force line jumps from the centre of the body into the elbow, you'll be able to resist the urge to overturn at the shoulders.

In training, many of your drills will start from "neutral, or "gunfighter" stance. Your arms are down, by your side, the shoulders are square on to your

partner and your feet are facing forwards, parallel, as if you are standing on tracks. Relax as much as possible while maintaining good posture. Make sure your chin is tucked.

The neutral stance is your “go to” - don’t make a decision until you have data. Once you have data you will take a lead - you’ll either move to attack the force gap and crowd your partner, or you’ll receive your opponent’s force and fall back to a position of relative superiority (usually 45 degrees.)

Ambidextrous use of the weapons is an ideal that few people realise due to constraints on training time. An ambidextrous individual will be able to use the tools with more fluency.

“Elbow down power”

Keep the elbows down, comfortably tucked, relaxed and flexibly in the immovable elbow position.

The closer to the ground you move, the more leverage you'll have. You'll be under the opponent, thus lifting him off the ground. Keep your elbow as low as possible for the job that it needs to do.

By using the elbow down power you'll maximise your use of ground strength which is important when you're crowding your partner because you won't have much space to move, so you won't be able to generate much power through momentum.

If you keep your centreline vertical and integrate the whole body, you'll access the ground in your movement, which

will make you hard to move.

Propagating the ground strength to your weapons will add to their power - you will be more connected to the floor.

Think of when you use a saw. The elbows are down in order to convey strength to the hand, but relaxed enough to allow the saw to do its work. The elbows need to convey the strength of the structure and the down power of gravity.

From a strategic point of view, keeping your elbows down means your partner will find it harder to get under you and take you down. As you are crowding him, the elbow down structure will allow you to deliver powerful, rapid fire and penetrative blows at close distance.

“Contradictory power”

Paradoxically, natural body movement has to be trained so that the body moves with maximum efficiency. What is maximum efficiency? When the power of the ground and / or gravity is propagated cleanly to all parts of the body with minimum interference of local tensions, the body can be said to move efficiently. The body needs to be very relaxed for this to happen. Don't underestimate how much training is needed to achieve this.

When raising the hands, the rest of the body should move down. Think about what happens when you lift a shutter blind. When lowering the hands, the rest of the body should move up. Think of what happens when you climb out of a swimming pool. When

extending the hands forwards, the body moves back. You'll get the idea. Play with it and explore how the body works.

"Let force go" – run the hand

When your partner presses you, redirect his force to the ground. If you can redirect your partner's force to the ground you won't have to give up hard fought space every time he pressures you. The aim of Wing Chun is to go *through* people. When you try to go through him, you are going to meet resistance.

Don't fight to hold an untenable position. Be attentive to the situation – listen with your whole body – and give up a position that takes too much strength to maintain. Be economical with your strength – the man in front will rarely be the only one you have to deal with. Likely configurations of targets (people) are: two in front, one

in front and one behind, three in front...

Some angles are easier than others to redirect. If you've extended a position and your partner acts on you, don't fight his force with more force. Let it go - with structure - quickly retract your weapon so that your partner has nothing to push on.

Become a trapdoor- let him push, and when he becomes confident that he has purchase on you, quickly remove the weapon and take a new, direct line to his axis, thus making him fall onto your weapon. Do this by having an element of pliancy in your tools. Think of strong yet flexible steel. Drive him backwards. If he blocks or stops you, send his force into the ground. You should feel very solid and strong yet

slightly springy to the touch - spring loaded. Make him walk onto your weapons. If you use your partner's force correctly, he should feel weightless – he'll have nothing backing him up.

Following the hand

Take advantage of one of the main mistakes that people make in fighting – they don't retract the striking hand properly.

What does this mean?

Partner "A" throws a jab. It's clean and crisp. He's trained his jab a lot. But wait a minute – what happens when he pulls the jab back – does he retract properly? If one hasn't spent time studying retraction then one will make a strategic mistake and drop the hand after one has used it to fire. This will give Partner "B" a way in. He can stay with the jab and as it retracts follow it back and redirect his asking hand to partner "A's" axis.

Part 2 - The Number 1 Drill.

Let's go back to the drawing board. Try to forget everything you think you know about martial arts, combat sports, fighting and violence.

What's the worst thing that could happen to you? Use your imagination and think. Use this exercise as a meditation on death in general, and violent death in particular. Consider your own mortality and the numerous ways you could meet death.

The aim of the exercise here isn't to glorify violence or romanticise a violent death, but rather to use the mental faculties to actually consider different scenarios around the theme of

mortality and therefore seize the day and put one's whole heart into living.

Now let's consider a fact – in the “worst case scenario” that you've just summoned up in your imagination, you're in a situation that you can't win. The real question is – can you survive?

Wing Chun attempts to answer this question. It takes the worst case scenario and reverse engineers back. Winning is impossible against overwhelming odds, so forget about knockout punches, submissions and the like. Forget about uniforms, grading structures, rankings, complex terminology and anything else you think might be important. If survival itself were the only option, how would we go about creating a

training system that would help us towards this end?

The Number 1 drill (also known as single sticking hands) is the best way to become proficient in Wing Chun.

There are 2 versions of this, the most important of drills: the "fixed step" and "moving". Of all the drills in the system, the Fixed Step Number 1 is the most important.

The name "Number 1" is given to it because it's the first drill that you should learn. It's the most important part of the jigsaw that makes up the system. If you master this drill you've mastered the system. One can do solo forms, weapons training, sparring etc. but if you can't do this drill properly then all your training amounts to

nothing in Wing Chun. Understand and master the Number 1 and the keys to the system are yours.

The Number 1 is a partnered drill that teaches, amongst other things, the core strategy of Wing Chun - the "how to."

By consistent and careful practice of this drill you'll also learn all the techniques - the tools - of the system - the "what to do it with." You'll also learn how the body is used to generate maximum power. You'll learn how to issue force for attack and defence, how to listen to, recognise and accept force. In short, everything you need.

Partner 1, step 1: issue force - palm strike. How to generate power for a palm strike and where to fire the palm strike.

Face your partner in the “neutral” stance that we spoke about in the previous chapter.

Now turn both feet slightly – almost imperceptibly – to the left. We’re going to call this stance the “offset neutral.” Extend your right hand in the “immovable elbow” position. Place your arm in the bottom / inside position relative to your partner. Press slightly but firmly towards your partner’s axis. Your partner should experience your pressing force as continuous, grounded, connected to the ground and smooth.

Because you are using your right arm, you need to rotate the right leg out slightly – open the root. Your left leg will need to adjust accordingly.

As you are using power on the right, the adjustment in the lower body will allow power to connect smoothly to the ground. Don't forget to "prop" the knees in order to maintain the harmonisation of force through the lower body.

You are going to issue force against partner 2. Start by coiling your power - rotate your hand and forearm in slightly so that your palm is facing your face. Round your lower back out slightly. Bend your knees. Now visualise your partner's axis - and issue power with your palm in the direction of his axis. As you do this, with a short,

compact and violent movement push your back out and away from your opponent (using contradictory power). Push your legs off the ground and rotate your forearm as you issue power through the contact point in the form of a palm strike.

Imagine you are standing in a locked cupboard. Your back is against the back of the cupboard. The back of your hand is against the cupboard door. Try to smash the lock of the cupboard door by explosively and violently hitting it with your palm. You'll need to use your whole body, including the "contradictory power" that we've already discussed, but don't let your weapons leave the body frame. The further forward your hand goes - in other words, the more it

“leaves the frame” - the more power and strategic advantage you lose. Done correctly, the palm strike is a devastating tool. It’s versatile as an out and out offensive tool or as a block, shove or push to jar, jolt and shock your partner. The business end of the palm strike is the base of the hand. It doesn’t require much conditioning to be effective.

As soon as you’ve issued your power switch off - relax as much as possible whilst still maintaining good form. You’ve had your turn, partner 1. Now it’s partner 2’s turn, so let’s take a close look at how they will respond to your opener.



Palm (left) and shield (right).

Partner 2, step 1: receive force.

You are facing partner 1 in “neutral stance” with your left arm extended in the “fixed elbow” position. You are in the top / outside position relative to partner 1. Adjust your left leg and “prop” the knee - this will align the joints and allow for smooth force transfer. Your partner has just issued force on you in the form of a palm strike. If he’s done this correctly, you should feel jolted, shaken and discombobulated. You’ll have felt his force by dint of the fact that you are joined to him - via your upper body weapons.

You are going to receive partner 1s force. He’s just issued a jarring palm strike towards your axis. Because you

are standing at distance from each other, and because the hand tools stay in the body frame, you are not actually going to get hit by this palm strike. But because you are joined at the contact point of the wrist, you do have to deal with partner 1s force. As he issues on you stay relaxed. You have 3 options:

Option 1: the shield.

This is your go to - it's your preferred option to receive your partner's power when you are on the outside. Partner 1 issues power. Rotate partner 1s power to the side and point your index finger towards his far shoulder. Your partner should now be off line - he is not facing you anymore. You, however, have used your waist (and a stable and connected lower body) to redirect his power and stay facing him. The angle

between your bicep and forearm is 135 degrees - your arm is 3/4 extended.

Your reserve hand should be pointing at your partner's axis, ready to fire, like a pistol pointing towards the target.

This is option 1 - you've dealt with your partner's force by using your own force to redirect him and turn him off centre. This is a "safety first" option that allows you to control the space between your partner and yourself and limit him both physically and strategically.

When you use the shield, you are training your punch. The legs – waist – elbow firing line is the same most of the time in Wing Chun. That's what makes the system efficient. The main drawback of the shield option is that

the more force your partner uses, the stronger your shield will have to be. In this respect it's a method that uses your force directly against your partner's.



Shield (left) and palm (right).

Option 2: inside snag.

Partner 1 issues force. Because you are listening to his use of force intently, as soon as he starts to move, you notice it and go with him. As he gets closer and closer to you, pull him down and into you by turning your wrist and snagging him at the contact point.

Think of a wire saw - option 2 catches your partner's force, goes with it and then borrows from it in order to redirect the incoming palm to the inside. If done correctly this will pull the opponent off balance, jerk him out of position and force him to lift his jaw - making him a sitting duck for counters.

This snagging method borrows your partner's force. This means that you don't need to out power him. Because you are borrowing his force, the more

force he uses, the more force you have at your disposal. Don't forget, use a combined action of your legs, waist, back, shoulder, elbow and wrist - in short, synchronised motion of the whole body

The reserve hand points at your partner's axis, itching to fire.

Option 3: outside snag.

The outside snag is similar to the inside snag. You borrow your partner's force and pull him to the outside as he moves forward with his palm strike.

Use your wrist as a snag and pull him in. If done properly, your partner should be destabilised and uprooted.

The choice of options 1,2 or 3 is your own, partner 2. Remember, option 1 is your go to. Ask your partner the force

question with strength and conviction. If his strength is great, don't fight with more strength- redirect with options 2 or 3. Drill each of the options - drill to win. With experience these options for how to deal with incoming force when it's coming at you from underneath and inside will become natural. Use the option that best suits the situation.

So here's what has happened so far: partner 1 is underneath and inside. He has issued force with a powerful palm strike to partner 2's axis. Partner 2 is on top and outside. He has listened, received partner 1's force and redirected it.



Inside snag (left)

Partner 2, step 2: issue force - punch. How to generate power for a punch and where to target the punch.

Partner 2, now you are going to issue force against partner 1 - you are going to train your punch on partner 1.

Slightly straighten your legs, push off the ground and slightly round your back out. Keep your elbow as close to the ground line as possible and grind your punch towards Partner 1's axis by using your waist to turn your power. Keep your axis intact - don't lean. Give him as much force as you can without leaning.

Partner 1 will start to respond to your force - that's your cue to relax as much as possible so that you don't give him a handle to push on. Build relaxation

and pliancy into a strong, grounded structure.

Your punch is aimed at his solar plexus - not the head (the bones in the hand are too small to effectively damage the skull without incurring damage themselves) and uses the rotation of the forearm, wrist movement, shoulder extension, waist turning, and the strength of the ground - in short, a synergistic use of all available body parts. "Punch with the elbow" is the traditional advice.

Your punch will be experienced in different ways by your partner depending on your use of force. The Wing Chun punch is a vertical fist, but don't be a slave to this rule.

Sometimes the fist is held at 45

degrees, sometimes it approaches a horizontal shape.

Sometimes your partner will experience your punch as if he's been hit by a battering ram. At other times he'll feel like he's being lifted up and pushed backwards on a hydraulic lift. At other times he'll feel as if he's been hit by a sledgehammer. Power comes from uncoiling and using the support of the ground in a coordinated, smooth and relaxed way.



Punch (left) and deflect (right)

Partner 1, step 2: receive force.

Partner 2 is training their punch on you. Their force should originate in the ground, be directed by their waist and expressed in their elbow and hand. You now have to deal with this force. As always, apply constant forward force to your partner's axis. If their punch does not threaten your structure, threaten *their* structure with your extended weapon. Feel free to step forward - match the stepping leg to the attacking weapon. Assuming that your partner's strike carries strength, you have 2 options. These 2 options are your main ways of dealing with incoming force when you are inside and underneath.

Option 1: deflect.

Keep your shoulder down and slightly extended, keep your elbow down and use your waist to push your extended arm across the central plane. Rotate your forearm - this adds to your power. Relax your hand and wrist.

Don't over turn - keep facing as much as possible. Out wrist should be lined up with your frontal centreline.

Keep your reserve hand pointing at your partner's axis. The deflection hand should feel to your opponent like strong, flexible steel. As you start to redirect your partner's power away from your axis, have an element of flexibility in your deflection hand. Let his force go when it is safe to do so – i.e. he's no longer aiming at your axis. Think of a trapdoor.

If your partner doesn't know how to use his centreline and has poor listening and core strength he'll most likely be leaning on you by now. When you let his force go he'll topple. Strategically, you'll want to fire with your reserve hand as soon as you've opened up enough space for it, step with the lead leg that matches the new asking hand, and occupy the force gap.

However, this will break up the drill so resist the temptation and train that option as a separate drill.



Deflect (right)

Option 2: retract.

Sometimes, the way that your partner presses you means that it's relatively easy to direct his force down to the floor. As your partner punches you through the contact point, turn slightly on your axis and retract your extended hand - elbow first - to the side of the body that it belongs to. For example, when you retract with the left arm, the arm moves - elbow first - to the left side of the body.

Become a revolving door. As long as you rotate on the axis, the harder your partner pushes on you, the faster he'll spin off you. As your partner's power is redirected downwards, extend your free hand to his axis. Again, you'll want to step with the lead leg and occupy the force gap with your whole body. Wedge your whole body into the force

gap with confidence and good posture.

Each partner has now had 2 turns - one of issuing force via a palm strike or punch, one of receiving force. That's the core Number 1 Fixed Step drill. Train slowly, carefully and precisely. Pay attention to details. Speaking of which, let's take a look at what your other hand – the reserve - is doing in this drill.

The reserve hand.

The reserve hand – the hand that is not actively asking your partner a question - points at the opponent's axis. It's usually stationed just below your chin.

The reserve hand can play different roles. Sometimes it's a helping hand, assisting the main weapon in its task by clearing the line - almost like a parry, so that there's a direct, clear path from the main weapon to the opponent's axis. At other times it's a loaded bullet - as soon as the main weapon is spent, the reserve hand becomes the new weapon, firing directly to the partner's axis.

As soon as the weapon has fired, it retracts quickly and directly to become the new reserve hand.

Don't let the reserve hand wake your partner up! The reserve should be used subtly and as stealthily as possible. Try to let it pass under the radar. If your partner notices that you are using two hands against his one he'll stiffen up and or try to use more power against you.

Now we have all the components of the Number 1 drill. This is a fixed step drill – you don't move your feet. This will allow you to isolate the core components and allow you to master hand tools, use of the centreline and integrated power.

Number 1 drill – moving step

The Number 1 drill in the fixed step position is your foundational drill. It should form an essential part of your training. Adding footwork – stepping – gives you a complete system. Let's take a look at the Moving Step Number 1.

The footwork should be executed with simplicity, purpose and minimalism.

When partner 1 issues power with their palm, they should step forwards. Don't let the palm strike leave the body frame – get your mass in motion and take a step forward to threaten partner 2's axis.

Partner 2, receive partner 1's power. If their power is weak you can simply allow your body to redirect the

incoming power to the floor with no movement. If power is still incoming, rotate slightly on your axis to dissipate the incoming power. If partner 1 is still coming at you, allow him to push you back and 45 degrees offline. Your top hand should be pointing towards partner 1's axis.

Now it's partner 2's turn. Issue power – your punch – at partner one, and as you do so take a step forwards. Aim to go through his centreline. Make sure that your power forwards has in built “listening.” As partner one deals with your force – if he can deal with your force – don't stiffen up or give him a handle to manipulate.

Partner 1, you are going to deflect or sink partner 2's punch. Remember that when you turn, keep your head and

torso unified. Keep pointing your reserve hand at partner 2's axis. As you know, you can break out of the Number 1 drill and fire the reserve hand forwards through the force gap, and crowd your partner. Dedicate a portion of your drilling time to doing this.

Be a good training partner and check that your partner is awake and alert by occasionally leaving contact or letting your hand drift off. Your partner should be able to act like water in the crack of a dam, seeping forwards with his whole body towards and through your centreline.



Use the reserve as a helping hand to clean the line (left).

Question:

What's next?

Answer:

Put headgear and small gloves on and do some milling.



**Avoid taking a wrong
turn.**

**The Eternal Springtime
isn't a way of fighting –
it's worst case scenario
survival training.**

It's unusual.

You are training to CLOSE AND GO
THROUGH people.

Go straight to the heart of the matter
and don't get side tracked with
interesting but tangential training
methods from the world of martial
arts.

Part 3 - Standing

Standing training – static exercise - is simple yet profound. By holding good vertical posture with precision and poise you'll become more relaxed, aware of your posture, grounded and powerful.

In standing training, the meditative meets the martial. If you are not standing as part of your training regimen, you are missing out on an important component.

Stand with your feet shoulder width apart and parallel. Bend your knees so that you feel your body weight in your quads. The chin should be slightly tucked. The shoulders should be slightly rounded. The shoulders should

also be down and slightly extended. The crown of the head should feel as if suspended from above. The chest should not be collapsed but should be slightly out. The lower back should be relaxed. These postural points will integrate the structure of your body. They will increase the structural strength of your body and allow your body to use natural grounded strength. Standing practice is a way of repeatedly familiarising the body with its optimum, most efficient shape.

Factor in a part of your day for standing training - you'll notice yourself becoming more and more aware of your posture.

What do you do with your arms?
Sometimes you might decide to keep

your arms down by your sides. This will allow you to really relax the arms and appreciate how the arms should be used as transmitters of the ground strength rather than generators of strength in their own right.

At other times you might want to hold the arms up and train how to use minimal muscular exertion while holding a combat based posture in the upper body.

You can take a left lead stance, a right lead stance or a neutral stance.

Let's assume that you are working in neutral. Stand with your feet shoulder width apart and your hands either by your sides or in one of the 2 positions illustrated. Maintain relaxation and postural integrity and be aware of and

drop any localised tensions in your body.

As you are standing there are 3 things you should be asking yourself:

- Am I as relaxed as I can possibly be whilst maintaining good posture?
- Can I feel structural integrity- is my weight in my quads and is my centreline vertical?
- Am I imagining someone pushing me (so I can train compressive strength) or pulling me (so I can train tensile strength)?

Try and balance on your bones - switch the muscles off as much as possible. Prop the knees out. Allow the

forces that travel through the body to do so as cleanly as possible. Don't let your residual, localised tensions hinder you by stopping force transfer.

If you take a left or right head, pay extra attention to the lower body. Are the bones on the legs stacked - are the knees propped one over the ankles? Are the leg pits - the inguinal creases - open so that power is transferred cleanly to the ground? You can count your breaths - when you get to 10 begin again at 1. Or you can body scan and check that you are adhering to all the main points.

By treading the "razors edge" between collapsing and resisting, you'll go places in your postural work that you never even suspected were possible.

Standing will open the doors to avenues that will blow your mind.

This is postural meditation, after all. Stand for 10 minutes a day and reap the benefits. Your body will begin to harness the power of the ground and gravity. Your mind will feel calm, centred and relaxed.



These are the bones of Wing Chun.

You'll need a training partner.

Be careful when choosing a coach – make sure you find someone with technical expertise and real experience.

This guidebook should suffice if you can't find someone who fits this description.

May your training be like an everlasting springtime – exciting, fresh and responsive.

I wish you good training, brothers and sisters in hard work!