

# **THE BRIEF INTRODUCTION OF WING CHUN MARTIAL ART**

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Wing Chun was created by the Abbess Ng Mui three hundred years ago. Amongst all the martial arts in China, Wing Chun is the one I like the most. The reason I say this is not because I am teaching Wing Chun, but the fact that the theory and structure of Wing Chun are very scientific and has reached the acme of perfection.

According to the oral statement of Master Yip Man, the Late Abbess Ng Mui became weak and less powerful as she was growing older. Consequently, the traditional kung fu which she was very familiar with and depended on the physical fitness of the person became less effective in fighting. In order to overcome this, she tried to create a special kind of kung fu which did not rely upon the physical fitness of a person in such a way that the effect in combat would not reduce because of old age. After researching for a long time, the perfect kung fu of Wing Chun was introduced.

It is considered that the Wing Chun kung fu is flawless. Its theory, structure and technique in attack and defence is very profound and comprise different aspects including the characteristic of human muscle, skeletal structure, the theory of force, and human thinking as well as the potential power of a person. The familiarization and understanding of the above aspects will lead to the highest level of fighting technique. One, who indulges in martial art, will find great satisfaction when one fully understands the theory through persistent researching and practicing.

Wing Chun comprises of three forms i.e. [Siu Nim Tau], [Chum Kiu] and [Bill Gee], and each form has a theory of its own. In order words, each form has a specific goal to be achieved. Each of the three forms will, on its own, generate a kind of manoeuvring effect. The combination of these kinds of manoeuvring effects will mean an invincible martial art which is powerful in both attack and defence. In addition to these three forms, the practice of Wooden Dummy will increase a person's interest in practicing.

At first, I will give a brief description of the theory. Then, I will analyse in more detail. It is hoped that, in this way, a learner can understand how to practise so as to obtain the best result.

## **1. SIU NIM TAU**

The basic concept of Siu Nim Tau is the adoption of some simple moves, and the skill of using the force together with the infusion of the spirit into different parts of the body. In this way, every simple move becomes a very strong structure and can withstand heavy impact as well as being efficient in attack.

## **2. CHUM KIU**

The basic concept of Chum Kiu is to use the body weight in connection with the moves of Siu Nim Tau to form different kinds of techniques in the use of force. In this way, one can overcome the opponent very easily without wasting much energy.

## **3. BILL GEE**

The basic concept of Bill Gee is to generate explosive power with the body weight in speedy motion. This is basically the use of the simple moves of Siu Nim Tau together with the turning skill of Chum Kiu modified by increasing speed. When this is practiced well, one can strike out a fully concentrated power. This is why form is called Bill Gee (In Chinese, the word Bill Gee means “striking out a fully concentrated force with a finger-tip”).