

木 人 椿

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木人椿法，被視為詠春派拳術秘技，因此大部份詠春派弟子均認為學習了椿法，就理所當然地成為詠春派高手，更有沾沾自喜向後學炫耀的。

木人椿法，固然是搏擊應用之巧妙招式組合，但是椿法內所有招式均從小念頭、尋橋、標指的招式中結合而成，可以說是活用了小念頭、尋橋、標指的基本手法，而不是木人椿的獨有手法。

其實木人椿的作用，只是詠春拳法的輔助練習工具，目的在於盡量練習拳法內各招式的構思及運用技巧，感受能否達到自己所想像之目標。例如尋求發揮凝聚力的方法、和引力歸心的技巧。

(註：引力歸心是標指拳法的運用結構之一，其原理為掌握旋轉軸心和形成漩渦，成了標指的主要結構。)

但是，如果以木人椿作為假想敵，則將自己的凝聚力和引力歸心等技巧作為攻擊木人椿的招式使用，以求到達手隨意到的階段。

如將木人椿法一招一式的運用法以文字描寫，很難令武術愛好者明白練習椿法的實際效果，反而容易導至誤解，偏離練習椿法之主要目標。因此決定親自演繹，希望所有聽講者能親身體驗詠春拳法及椿法之真正技巧，親身感受奧妙精深之詠春拳術。

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Wooden Dummy

Chu Shong Tin

The Wooden Dummy is recognised as the highest skill in Wing Chun. Hence, the majority of Wing Chun learners consider that learning the moves of the Wooden Dummy will automatically become a good Wing Chun fighter. Some even feel very happy with themselves and boast about their own achievements to the junior learners.

The moves of the Wooden Dummy are all good for fighting. However, those moves are actually formed by the basic moves of Siu Nim Tau, Chum Kiu and Bill Gee. They are not uniquely owned by the Wooden Dummy only.

In fact, the practice of the Wooden Dummy is taken as an auxiliary measure for the training of the Wing Chun forms. If your purpose is to practise the skill of the three forms then you should treat the Wooden Dummy as a piece of equipment and try your best to practise the moves and the skill of the three forms on it. You should also try to feel if your goal has been achieved, e.g. trying to concentrate the force of the whole body to a particular point and induce the opponent's force for your own use (N.B. to induce the opponent's force for your own use is one of the basic structure of Bill Gee, which is the combined effect of rotation of the body and the formation of the whirlpool effect). On the other hand, if you treat the Wooden Dummy as your opponent, you should try to concentrate your own force, as well as the skill of inducing the opponent's force, to attack the Wooden Dummy so as to attain the state that your hands can reach any part of the opponent as your mind wishes to do.

As I said before, if I describe every move of the Wooden Dummy in writing, one will find it difficult to follow and it may even lead him away from the principal goal in practising the Wooden Dummy. For this reason, I have made up my mind to show you the skill of the forms as well as the Wooden Dummy myself so that you can feel the mysterious and profound skill of the Wing Chun Kung Fu.