

William Lai's Wing Chun Club

The meaning of My Logo

Triangle in black

The triangle shape represents Wing Chun's horse stance "*Yee Chi Kim Yeung Ma*"

I quote my Sifu's article regarding the horse stance:

"It fully reflects the skill in **concentrating the force of impact**. Because of its posture, it can concentrate the force of impact at the centerline or even to the center point so that every move contains the weight of the whole body. Since the knees are slightly bent and springy, one can **transfer the striking force from the wrist of the opponent to one's knees**. This action can reduce the burden of the arms, thus increasing the mobile ability of the arms".

The concept of triangle is not only applied to horse stance but it is also important to hands. The triangular shape will guide practitioners the best position where their hands and elbows are.

Hands in the Triangle

Hands are in Chi Sao action, the outer one is Fook Sao and the inner one is Tan Sao. The purpose of practising Chi Sao is to gain sensitivity of opponent's force and react in response to feeling and compliance to the three golden rules. It is the important training process in Wing Chun. Hands are inter-active, Tan Sao becomes into Bong Sao and Fook Sao remains in position until opponent instigates an attack then Fook Sao will change.

Centreline

The vertical centerline shows the important concept in Wing Chun. Practitioners' hands are always in the center of body in order to protect themselves. It indicates the concept of delivering punches with weight. In addition, Straight Line represents the economic method of attack in Wing Chun.

攤 膀 伏 in the Yellow Circle

The three Chinese words 攤 = Tan, 膀 = Bong and 伏 = Fook represent the concept of circular movements in Wing Chun.

Again, I quote my Sifu's article regarding this concept:

“The basic concept is to **utilize the rotation of a circle to generate the force and to tolerate any force applied externally**. This is due to the fact that anything of the same mass when in a circular shape can tolerate heavier force applied externally and generate greater driving force with minimum energy than in any other shape. The ‘**Tan Sao**’, ‘**Bong Sao**’ and ‘**Fook Sao**’ of Siu Nim Tau are the obvious examples of applying the principle of circular motion. The practical use is to let the opponent's wrist contact on the internal side or external side of the circle. From Tan Sau to Bong Sau is to let the opponent's wrist from the internal side of the circle go to the external side of the circle and vice versa. Fook Sau is to use the external side of the circle to contact the opponent's wrist”.

This **Yellow Circle** represents marriage of the structure in Siu Nim Tao and the weight spinning power in Chum Kiu. Practitioners generate magnificent power without using brute strengths.

The Outer Circle

The Outer Circle represents the complete system of Wing Chun. It consists of Siu Nim Tao, Chum Kiu and Bill Bee. Bill Gee is developed based on good structure in Siu Nim Tao and weight power generated in Chum Kiu. Thus, it enables practitioners to generate devastated power in an attack.

Crane and Snake

The Crane and Snake are a reminder of the source and concept of creating this magnificent Chinese Kung Fu system by Ng Mui over three hundred years ago.

Written by Sifu William Lai

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CIRCLE IN YELLOW

The circle