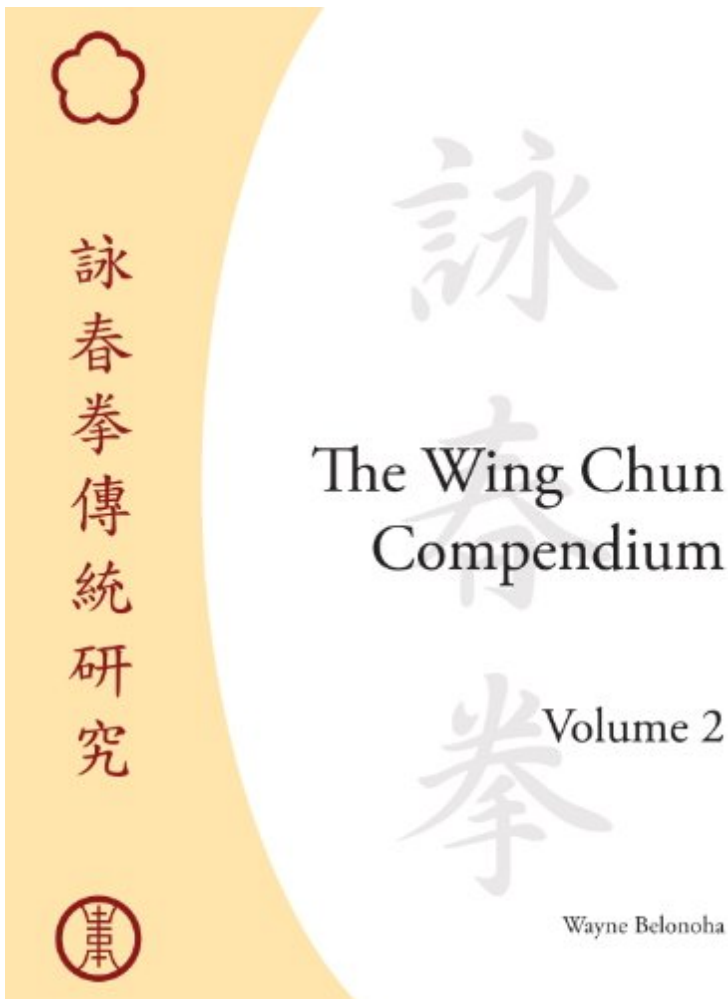


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# The Wing Chun Compendium, Volume Two



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## Description :

Prsentation de l'diteurWing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of The Wing Chun Compendium offer a complete guide to the discipline, from theory and philosophy to drills and forms. In this volume, author Wayne Belonoha takes students to the next level, focusing on the final three and most advanced forms of the Wing Chun system and their associated skills: the Mook Yan Jong or wooden man; the Lok Dim Boon Quan or six-and-a-half point long pole; and the Baat Cham Dao or eight-cut sword form, demonstrated here for the first time by Grandmaster Sunny Tang. Also included are distance and angle improvement drills, fighting strategy and training, instruction on proper body mechanics, and Sticking Hands techniques. While intended for the serious practitioner, The Wing Chun Compendium, Volume Two also teaches the basics of body movement, psychological components of practice and performance, and how to use martial arts for overall self-improvementfactors that can help any martial artists seeking to enhance their physical and mental development. The book includes hundreds of tips and techniques as well as 400

photographs. Revue de presse "The reader holds in his or her hands a masterful and scholarly work. Sifu Wayne Belonoha has put together one of the most comprehensive books ever written of the Wing Chun system of Chinese gung-fu, a book that provides both the devotee and the uninitiated with a rich tapestry of cultural, historical, philosophical, and technical information about this incredible fighting art. His own sifu and sihing-dai would be very proud of his efforts to preserve this knowledge. I am very pleased to have been asked to read the manuscript and wholeheartedly recommend this outstanding resource." Sifu David Peterson, author of *Look Beyond the Pointing Finger: The Combat Philosophy of Wong Shun Leung* "Effectively compiling the vast knowledge behind the art of Wing Chun is a daunting task, and even harder is presenting that knowledge in a manner that teaches effectively to all levels. I have seen and read almost every Wing Chun book ever written, and in my opinion, no one has done this better than Sifu Wayne Belonoha in the Wing Chun Compendium series. This second volume is a valuable reference tool for anyone in the Wing Chun family, and I have no doubt you can pick this book up and learn something new to help you refine your training." Aaron Cantrell, founder of Everything Wing Chun ([www.everythingwingchun.com](http://www.everythingwingchun.com))

Présentation de l'auteur Wing Chun, also called Ving Tsun, is a popular system of kung fu designed centuries ago by a Buddhist nun and Shaolin master. Together, the two volumes of *The Wing Chun Compendium* offer a complete guide to the discipline, from theory and philosophy to drills and forms. In this volume, author Wayne Belonoha takes students to the next level, focusing on the final three and most advanced forms of the Wing Chun system and their associated skills: the Mook Yan Jong or wooden man; the Lok Dim Boon Quan or six-and-a-half point long pole; and the Baat Cham Dao or eight-cut sword form, demonstrated here for the first time by Grandmaster Sunny Tang. Also included are distance and angle improvement drills, fighting strategy and training, instruction on proper body mechanics, and Sticking Hands techniques. While intended for the serious practitioner, *The Wing Chun Compendium, Volume Two* also teaches the basics of body movement, psychological components of practice and performance, and how to use martial arts for overall self-improvement factors that can help any martial artists seeking to enhance their physical and mental development. The book includes hundreds of tips and techniques as well as 400 photographs.