



Wing Chun Info Sheets

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Wing Chun Info Sheets

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- Learn basic and advanced Wing Chun techniques
- Develop short explosive, hand attacks, low kicks and offensive/defensive techniques
- Instruction on how to develop Bruce Lee's "stick hands" technique

About Wing Chun Kung Fu

Wing Chun Kung Fu is the name of a martial art style believed to have originated in Southern China more than 200 years ago. Legend has it that the style was developed by a woman named Yim Wing Chun, after learning the art from a Buddhist Nun, Ng Mui, who was famous for her fighting skills.

Wing Chun's key idea is economy of action implemented through the center line theory. The style is characterized by short explosive hand attacks, low kicks and simultaneous attack and defense. Because Wing Chun does not rely on brute strength, it can be practiced by men and women of any stature.

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