

WING CHUN DUMMY MASTERY

Unlock Close-Range Combat Skills



BRIDGING & GAPS

- Control Distance, Contact to Opponent.
- Connect left & right lines.



FORWARD INTENT

- Develops deflections, Contact to Opponent.
- Practice left & right sides.



POWARD INTENT

- Develops Pressed Timing, opponent line.
- Practice left & right sides.



REFLEXES & FLOW

- Develops deflections, timing, and opponent off balance.
- Grounding Force.

DUMMY TRAINING



PROS:

- Always
- Always Available
- Controls Contact, and hand & precision

CONS:

- Static Available
- Focus on Form/Structure
- Focus on Repetition
- Safe Repetitions

SENSEUR

- Retracts Resistance and Live Picture
- Isolates Techniques

1. PAN SAU

Develops High, Low, opponent, and hand coordination.

2. FAK SAU

Front, Side Attacks, and Resistance, Retraction.

2. GAP SAU (PRECISION)

Develops Precise Balance Attack.

3. GAN SAU FAK SAU PIRILL

Focuses the attack to the sensitive.

Repetition builds muscle memory



STRUCTURE

Teachings, treatise & Images to Structure.



POWER GENERATION

Proven to be quick, short latency and efficient.



CONTINUITY

From muscle to muscle through proprio.

PARTNER TRAINING



PROS:

- Dynamic Resistance
- Consistent & Patient
- And Immediate Live Feedback

CONS:

- Requires Resistance
- No Live Feedback
- Tests on opponent, Distraction Risk
- Unpredictable Scenarios

GENSYLIEB

- Requires Coordination
- Less Consistent
- Higher Injury Risk



BOTH ARE CRUCIAL FOR HOLISTIC GROWTH

Wing Chun Training Guide The Journey Begins

VM Jensen

Wing Chun Training Guide The Journey Begins:

An Expose on Wing Chun Kung Fu Sifu Linda Baniecki,2012 An Expose on Wing Chun Kung Fu delves into the mysteries of this beautiful but deadly Chinese system It gives an in depth explanation on the concepts principles and theories behind the intricate art of Wing Chun Kung Fu The training methods behind the Sil Lim Tao form are revealed The book also covers a variety of diverse and complex training methods unique to the Wing Chun system with photos showing the exact training sequences An exciting book for any martial artist who would like to understand the science behind the Art of Wing Chun more deeply

Like Water Daryl Joji Maeda,2024-04 Highlights Bruce Lee's influence beyond martial arts and film An Asian and Asian American icon of unimaginable stature and influence Bruce Lee revolutionized the martial arts by combining influences drawn from around the world Uncommonly determined physically gifted and artistically brilliant Lee rose to fame as part of a wave of transpacific globalization that bridged the nearly seven thousand miles between Hong Kong and California Like Water unpacks Lee's global impact linking his legendary status as a martial artist actor and director to his continual traversals across the newly interconnected Asia and America Daryl Joji Maeda's multifaceted account of Bruce Lee's legacy uniquely traces how movements and migrations across the Pacific Ocean structured the cultures Bruce Lee inherited the milieu he occupied the martial art he developed the films he made and the world he left behind A unique blend of cultural history and biography Like Water unearths the cultural strands that Lee intertwined in his rise to a new kind of global stardom Moving from the gold rush in California and the British occupation of Hong Kong to the Cold War and the deployment of American troops across Asia Maeda builds depth and complexity to this larger than life figure His cultural chronology of Bruce Lee reveals Lee to be both a product of his time and a harbinger of a more connected future Nearly half a century after his tragic death Bruce Lee remains an inspiring symbol of innovation and determination with an enduring legacy as the first Asian American global superstar

Wu Shi Dao Mark Beardsell,2019-02-27 In Wu Shi Dao you will see some Krav Maga Wing Chun Jeet Kune Do and Karate and a little Aikido you will see some rolls and locks and how to fall well you will see trapping and striking and kicks from various arts also included is the translation from hand to knife for real life battle fighting this form of fighting is meant to be used on the street however excessive force is illegal so you have to be careful what you do we also take everyday objects such as Belts coats bags and use them to defend attackers who are wielding weapons

Wu Shi Dao - Street Defence - "The Thinking Mans Fighting Art Mark Beardsell,2019-02-27 In Wu Shi Dao you will see some Krav Maga Wing Chun Jeet Kune Do and Karate and a little Aikido you will see some rolls and locks and how to fall well you will see trapping and striking and kicks from various arts also included is the translation from hand to knife for real life battle fighting this form of fighting is meant to be used on the street however excessive force is illegal so you have to be careful what you do we also take everyday objects such as Belts coats bags and use them to defend attackers who are wielding weapons

In the Eyes of Dragon Peter Selmanow,2025-06-10 In the Eyes of the Dragon Bruce

Lee's Philosophy on Success Motivation Discipline and Personal Development by Sifu Peter Selmanow Bruce Lee was far more than a martial artist he was a philosopher a visionary and a rebel against patterns of thought and behavior that limit people This book doesn't explore his film career but rather his thought world It is an invitation to self knowledge Be like water this phrase is far more than a saying It is the core of a philosophy based on adaptation clarity inner strength and freedom Bruce Lee understood martial arts not as a fight but as a reflection of one's own development His ideas are timeless whether you are in training fighting in your professional life or want to overcome personal limitations This book brings together key quotes personal notes interviews and influences from thinkers such as Laozi and Krishnamurti It provides practical inspiration for self confidence discipline creativity and change understandable realistic and inspiring For all those who want more from life No dogma No style No mask Just you Real Flexible Free *Siu Lim Tau for the Solo Student* Mark Beardsell,2018-08-03 This book is the 2nd edition in full colour and with new content not found in the first edition It is an introduction for those interested into delving into the world of Wing Chun Kung Fu covering the essential concepts made famous by Bruce Lee and in the last couple of years brought to the cinema with the release of IP Man 2008 and Ip Man 2 2010 Mark Beardsell has studied the Siu Lim Tau in great depth and wished to share his findings with you and so went about writing this book *Bowker's Complete Video Directory*, 1998 ,1998 *The Shaolin Way* Steve DeMasco,2009-03-17 Born in the projects of Spanish Harlem to a disabled mother and an abusive father Steve DeMasco spent most of his childhood lost and angry Drifting from one job to another he stalked the streets as a troubled youth barely surviving while all of his peers were either dead or in jail until he found himself on the steps of the Shaolin Temple Originating more than 1 500 years ago in ancient China the Shaolin monks were simple farmers and worshippers of Buddhism who learned to protect themselves from the constant danger of bandits and overlords with a kind of meditation in motion a nonlethal form of self defense that didn't violate their vows of peace As their legend grew they became known as the Shaolin Fighting Monks revered across the land for their spiritual dedication enlightened message and amazing fighting skills DeMasco entered the Shaolin Temple to battle the demons of his past But he got more than he bargained for Besides learning how to wield weapons and take on multiple attackers at once he discovered an ancient philosophy that helped melt away preconceived notions of the world and gave him a powerful platform on which to live and grow In The Shaolin Way he adapts these teachings for the modern world singling out ten secrets of survival that can help anyone live a more fulfilled life *Black Belt* ,1997-08 The oldest and most

respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world *Kung Fu* Douglas L. Wong,1987 Your search for true identity is over The amazing white lotus system of kung fu takes the power of the mind body and spirit to new heights of awareness

strength and insight Discover how special exercises can cultivate both better health and increased fighting power And for the first time the seven star system of the body is examined The advanced methods of white lotus kung fu will sharpen your senses and reflexes and take your mental and physical capabilities to an all time high **Official Price Guide to Action**

Figures Stuart W. Wells, III, Jim Main, 1997 What do the Bionic Woman Captain Action G I Joe Thundercats and the Teenage Mutant Ninja Turtles have in common They're action figures and part of the hot new area of collectibles **COMPREHENSIVE** From the A Team to the X Men Big Jim to the Little Mermaid Desert Patrol to Waterworld Marvel Superheroes to Masters of the Universe The Official Price Guide to Action Figures lists more than 8 000 different figures from hundreds of series with separate introductions to each series and its significance history and collectibility **SPECIAL SECTIONS** An on target market review a step by step look at how an action figure is created from conception to sculpting to production and a history of Kenner a major manufacturer of action figures for the past twenty years **PROFESSIONAL ADVICE** Helpful tips from the experts on starting building and maintaining an action figure collection **WRITTEN BY EXPERTS** Stuart Wells III is the former executive editor of Collectible Toys Values and Triton Comics Cards and Collectibles monthly magazines covering all types of action figures Jim Main is the editor and publisher of Action Figure Collector and Barracks The G I Joe Collectors Magazine **FULLY ILLUSTRATED** The Official Price Guide to Action Figures is packed with more than 600 photographs for easy identification **HOUSE OF COLLECTIBLES** Serving collectors for more than thirty five years **Batman Begins** Editors of DC Comics, 2005-06-15 From DC Comics BATMAN BEGINS is the most anticipated movie event of Summer 2005 From director Christopher Nolan Memento Insomnia Batman Begins stars Christian Bale Michael Caine and Liam Neeson It features a new story a new vision and a new commitment to the Batman legend **Bowker's Complete Video Directory 2001**, 2001

TV Guide, 1995 **Subject Guide to Books in Print**, 1997 **Books in Print**, 1994 *Variety's Complete Home Video Directory*, 1988 **Exercise** Don Nardo, 1992 Examines exercise and its benefits and explores the subject of physical fitness **Parsiana**, 1996 **Laser Video Guide**, 1997 The complete laser disc catalog movies music and special interest including karaoke and animation

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