



## **The Leung Ting Wing Tsun System**

### **Boxing forms**

Siu nim tau (Little idea form, ) + applications

Chum kiu (Seaking arm form) + applications

Biu tze (Shooting fingers form) + applications

### **Chi-sau & fighting exercises**

Single-arm chi-sau

Double-arm chi-sau

Poon-sau (Rolling-arms exercise) or Luk-sau

Kou-sau (Fighting practice in chi-sau stages: 7 sections + 4 + 1 Biu tze sections  
+ 8 Wooden dummy sections)

Chi-gerk (Leg-clinging, 2 sections)

Lat-sau (Free-hand fighting practice)

### **Strength training**

Sandbag, wooden dummy, tripodic dummy, suspended spring, etc.

### **Complementary exercises**

Air-punching, air-kicking, sidling punch exercise, stance-turning, sidling punches in twos, etc.

### **Wooden dummy**

Muk yan chong fat (Wooden dummy form) + 8 applications

### **Weapons (For improvement of the unarmed system)**

Luk dim boon kwun (Six & a half point long pole)

The strength training with the pole

The pole form (7 movements)

The Chi-kwun (Long pole clinging exercise)

Bat cham dao (Eight-Cutting Broadsword)

The strength training with the double broadsword

The broadswords form

The practical applications



# The Leung Ting Wing Tsun System

**Huangqi Zhang**



## **The Leung Ting Wing Tsun System:**

Black Belt ,1975-01 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 marital arts figure in the world Siu-Nim-Tau, a Wing Tsun Kung Fu Form Ralph Haenel,Chris Chinfen,2016-08-22 It is my pleasure to introduce Chris Chinfen as author to the martial arts world The book you are holding looks at the many facets of an intriguing Kung Fu form delivering detailed training advice notes on history supportive exercises helpful hints and pointers Read about the benefits of the form the concepts behind it Find out about WingTsun ChiKung the health form as well as applications in Chi Sau and Lat Sau Ralph Hanel

**Black Belt** ,1982-03 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 marital arts figure in the world

Black Belt ,1983-06 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 marital arts figure in the world **WHFSC Grandmaster's Council: a compendium of the world's leading Grandmasters** Bram Frank,2013-03-12 This a compendium of the world s greatest council of Grandmasters These Grandmasters both past and present represent an amazing history of the martial arts It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting with an awards dinner Hall of Fame and seminars sessions given by the Grandmasters themselves Included in the book are some of the upcoming masters in the martial arts **Black Belt**

,1985-02 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 marital arts figure in the world Wing Tsun Kuen Ting Liang,Ting Leung,1978 *Black Belt* ,1982-03 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 marital arts figure in the world

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**[2 volumes]** Thomas A. Green,2001 Carefully crafted entries on the history philosophy and evolution of the martial arts worldwide including contemporary practice The martial arts have developed in nearly every culture notes anthropologist Thomas A Green but in an astonishing variety of forms throwing and grappling styles striking styles and both armed and unarmed fighting styles In essays by academic experts who also practice the martial arts readers can explore the physical principles and training concepts behind the world s major martial arts systems They ll learn how the practitioners of African traditions rehearse combat moves through dance how Japanese aikido artists search for a way to blend with rather than oppose the aggressor and how the practitioners of the Chinese art of bagua walk circles of various sizes while rehearsing certain moves The martial arts are not simply about physical conditioning for combat From the Japanese samurai to the medieval knight to the American frontier gunslinger martial artists have sought to combine the physical disciplines of combat with philosophy tradition and strict codes of honor Nearly 100 A Z signed entries each followed by a bibliography Contributions from experts who are both scholars and practitioners of the martial arts Entries on fighting systems from around the world their history training methods weapons and much more A rich suite of illustrations including archival and contemporary photographs drawings and prints A detailed timeline of the development of the martial arts worldwide from 30 000 B C to the end of the 20th century

**Arnis** Mark V. Wiley,2001 The Filipino martial tradition its history cultural perspective and technique makes for a rich and fascinating story This is the first book to delve deeply into that legacy examining the different schools of arnis and contributions made by leading arnisadores through history This book examines training regimens fighting techniques and innovations and provides an exhaustive bibliography of all the books ever written on the subject With 125 remarkable photographs Mark Wiley s groundbreaking study of arnis stands as an important source book for all serious practitioners of unarmed Filipino martial arts as well as any serious student of martial arts as it is practiced worldwide **Journal of Asian Martial Arts** ,2007 **The Unauthorized Jackie Chan Encyclopedia** John

Corcoran,2003 Carefully researched by martial arts expert Corcoran this lively and informative reference is sure to please

students of the martial arts and Chan s fans around the world Photos **Martial Arts** Smithmark Staff,1995-08 □□□□  
,1990 **Wing Chun** Source Wikipedia,2013-09 Please note that the content of this book primarily consists of articles  
available from Wikipedia or other free sources online Pages 26 Chapters Branches of Wing Chun Butterfly sword Chum Kiu  
History of Wing Chun Hung Suen Wing Chun Kung Fu List of movies featuring Wing Chun Mu ren zhuang Nguy n T Cong  
Sami Berik Siu Nim Tao Wing Chun terms Wing Tsun Wong Shun Leung Excerpt Wing Tsun alternatively chant spring is a  
branch of Wing Chun led by Leung Ting The particular phonetic spelling of as Wing Tsun was picked by the branch founder  
Leung Ting to differentiate his branch from the others WingTsun without a space is the trademarked form used by the  
International WingTsun Association IWTA not the name of the style The main objective of Wing Tsun or WT as it is commonly  
abbreviated is to be a realistic system of self defense WT does not focus on fighting techniques instead relying on fighting  
and energy principles to be followed at all times The central idea is that under pressure it is impossible to visually recognize  
the precise direction and speed of an attack and make a conscious decision on an effective way in which to react all within  
the very brief amount of time you have before your opponent s attack lands Rather one must counter attack immediately in a  
very direct and protected manner and rely on reflexes to determine how to react if the opponent s attack continues to pose a  
problem Chi sao or sticking hands trains students to respond reflexively to the speed force and direction of an attack based  
on tactile information which the human brain processes much faster than visual information The main difference between  
Wing Tsun and other Wing Chun styles is the WT teaching method The style s creator Leung Ting developed the system to be  
easier to learn and teach compared to more traditional styles of Wing Chun This idea was later expanded upon by Keith  
Kernspecht head of □□□ ,1900 Wing Tsun Chi-Sau Ting Leung,2002-02-02 **Roots and Branches of Wing Tsun**  
Ting Leung,2002-02-02

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