

Wing Chun

Wing Chun was developed when several grandmasters of the Shaolin temple systemised the best parts of the Chinese martial arts, to form a martial art that was practical and faster to learn than the other styles. Wing Chun aims to deflect force in combat rather than meet force.

Wing Chun uses a centre line theory that is based around attacking vital targets along a central line of the body. Two weapons are taught, the dragon pole and butterfly knives, which are used as a pair. Wing Chun also uses the wooden dummy to practice striking and blocking techniques. Wing Chun also uses a partner exercise called Chi Sao, where two partners practice various arm exercises together, to gain better reflexes and response to attacks.

Origin of Wing Chun: China

Founder of Wing Chun: Ng Mui (A female nun of the Shaolin Temple)

Popularised by: Yip Man, Bruce Lee, William Cheung