

BASIC

Wing Chun

TRAINING



Sam Fury



# **BASIC WING CHUN TRAINING**

## **WING CHUN KUNG FU TRAINING FOR STREET FIGHTING AND SELF DEFENSE**

Sam Fury

Illustrated by Diana Mangoba



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## **Dedications**

Jason

Maddie

Peep's Young'un

Sienna



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## From the Author

### **Thank you for purchasing this book**

I wrote this book as a training guide to progressively teach those interested in Wing Chun the fundamental Wing Chun techniques and concepts and how they can be applied to modern street-fighting scenarios.

Although I feel anyone with an interest in martial arts will gain value from it is primarily intended for:

- People who are thinking about learning Wing Chun but first want an insight.
- People who want to learn Wing Chun but want some basic knowledge of principles and techniques before joining a class.
- Beginners who are already learning Wing Chun and want to supplement their training.
- Teachers of Wing Chun who want some ideas on training beginner students.
- Anyone that wants to self-train in Wing Chun Kung Fu.

In any case, whom-ever you are and for what-ever reason you purchased this book, I sincerely hope that you get some value from it.

**Sam Fury**

The authors at Survive Travel are always creating new publications, and you can get all the latest ones **FREE**. Find out how at the end of this book.

## **Getting the Most from This Book**

To get the most out of this book the exercises should be repeated and practiced regularly. Access to a training schedule is included at the end which complies with this. It is recommended that you follow it.

Practice all exercises slowly to begin with. Get the technique right and learn to understand the static movement first. Then build on speed and power. Practice all exercises on both sides of your body.

All the lessons in this book focus purely on the adaptation of Wing Chun. It is advised that you also have a physical fitness regime. **Survival Fitness by Sam Fury** covers physical fitness training in detail.

Available at [SurviveTravel.com/Survival-Fitness](http://SurviveTravel.com/Survival-Fitness).

One of the big differences between this and other Wing Chun training books is that this book shows how to adapt the Wing Chun lessons to the modern street fight. In a real fight you will not be up against another Wing Chun practitioner. It is important that your training partner does not attack you like a Wing Chun fighter. Most people will fight similar to a boxer/muay thai fighter, so many of the exercises are adapted to defending against common boxing/muay thai style attacks.

In a real street fight you will probably not have the chance to get into your Wing Chun stance, and even if you do it is advised not to do so. You do not want to let your opponent know what you are going to do. Instead, move freely and naturally, not rigid. Once you are in Wing Chun fighting range you can use the Wing Chun principles and techniques.

Keep an open mind and adapt what you learn in a way that works for you. There are no restrictions and you don't know how your opponent is going to react. The exercises are merely examples of what could be done.

In the same spirit as keeping an open mind, since this book adapts Wing Chun to modern street-fighting many of the exercises included may not be considered traditional Wing Chun, or they may be known by different names.

When training, do things properly. Put feeling and movement into the techniques. If you train sloppy and weak, then that is how it will be applied in reality. If you do them properly it will instill correct muscle memory so that in times of stress you will still be able to react properly. You will hit your opponent correctly and apply pressure in the right places. Your body will be of correct structure and placement and you will instinctively know where he/she is.

Although you train for reality, it is still training. There will be many times when practicing with your partner when you may think, "but I can just hit him/her here" or "I could easily block that". These things may be true, and it is good to think of them, but you are learning. Give each-other the time to learn. Understand the principles and do the exercises properly. During free sparring you can express yourself fully.

Use training equipment. You want to be able to train hard but you do not want to get injured. The only way to do this is to use proper training equipment, e.g., pads and sparring equipment.

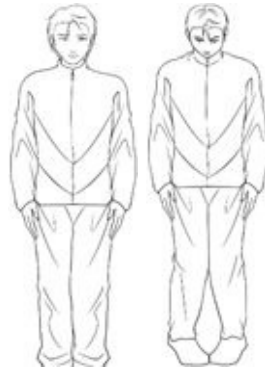
Even when using training equipment you will still feel pain sometimes. It is good to be conditioned to pain. In a real fight you will feel pain and the body reacts differently when it feels pain. It is useful to be aware of it. Start soft and gradually increase force to build your pain tolerance.

## Lesson 1 - The Half Squat

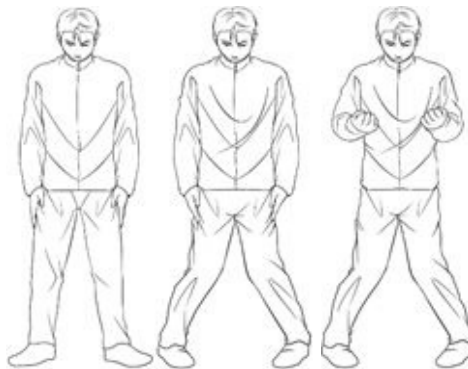
This shoulder width half squat will help you build the leg muscles needed for many of the following exercises.

It is important to build strength in this way as it will help with balance, footwork, stepping, turning and many other things.

Stand straight with your feet together and your hands by your sides, then bend your knees slightly and turn your heels out.

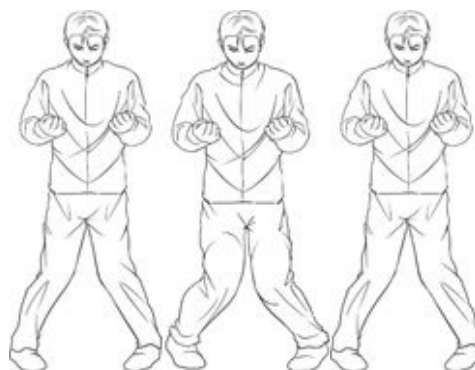


Plant your heels down and turn your toes out, then plant your toes and turn your heels out. Bring your hands in fists under your chest on either side of your torso.



Remember these five steps to get to this position. This will be referred to as the half squat position and is the starting point for some exercises.

While in this position drop your knees down and then come back up. This is one squat.



Your knees will never fully straighten.

### **Exercise 1 – The Half Squat**

Do as many half squats as you can in a given time frame.





## **Lesson 2 – Fighting Stance**

In a real fight you will probably not adopt this exact fighting stance but it is a good fundamental stance for correct application of techniques when learning and is often referred to as a starting position for upcoming exercises.

## **Lead and Rear Sides**

Whichever leg and hand is forward most is your lead. Whichever leg and hand is to the back is your rear.

In actual combat it is preferred that your strongest side is your lead but you should always train on both sides.

## Adopting the Fighting Stance

Start in the half squat. Whilst keeping your feet in the same spot, turn on them so that one leg is in front of the other.

Put your hands up to around chest height. Whichever leg is forward most, the same hand is also forward most.

Your rear leg supports most of your body's weight, approximately 70% of it. You should be able to easily lift your lead foot into the air if needed, e.g., for kicking. Keep your arms slightly bent.



## Switching Sides

Learning the correct way to switch sides helps to build strength in the legs, gets you familiar with how to turn your body and introduces the correct use of weight distribution which helps with stability and increasing power in your strikes.

Start in the fighting stance.



Assuming you are in a left lead stance, rotate your body with your feet to the right. You will rotate 180°. As you do so your body weight shifts from your left leg to your right and your hands also change position. You finish in the fighting stance with a right lead.



### Exercise 2 – Switching Sides

Repeat the switching sides exercise from left to right and vice-versa.

## **Lesson 3 – Basic Footwork**

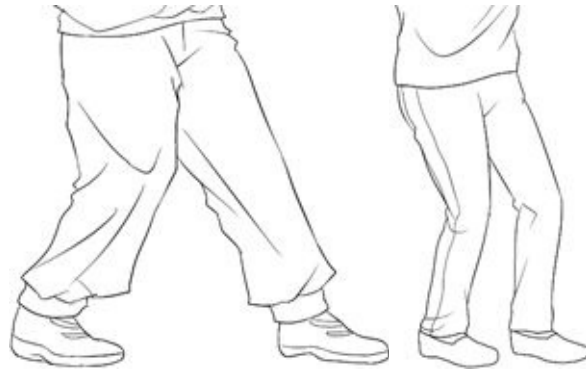
Correct footwork is very important. Without it you will become unbalanced and your techniques will lose effectiveness.

The primary use of footwork is to control distance. Knowing when and how to close and gain distance allows you to effectively attack and defend. You want to be able to attack, but not get hit. When your opponent moves back you can move forward and vice-versa. There is no need to rush in all the time. Be smart. Always consider distance.

## Stepping Forward

The actual distance you step forward will depend on the amount of distance you want to cover. The shorter the distance the more stable you will be. A half step is good for practice.

From the fighting stance step forward with your lead leg about half a step. Put weight on your lead leg and slide your rear leg up.



Put weight back on your rear leg and step your lead foot forward again.



Repeat this for a number of steps.

Use switching sides to turn around. Ensure you also change your lead hand.

### Exercise 3 – Stepping Forward

Practice stepping forward for a given distance, e.g., the length of your training area.

Use the switching side's movement to change your lead side and then practice stepping forward on this new side.

When ready, increase the speed of your steps.

## **Moving Backwards**

To move backwards just do the opposite of what you did when stepping forward, i.e., move your rear foot first.

### **Exercise 4 – Stepping Forwards and Backwards**

Step forward a few times and then step backward. Practice on both sides.

## Stepping Through

This is a way you can step forward and switch sides at the same time. This lesson also contains a way to get behind your opponent using a variation of this movement.

From the fighting stance your rear foot slides up and slightly curves in towards your lead. At the same time your rear hand comes through to become the new lead.



Your rear foot continues past and then curves out slightly to take up the new lead position. The hands and feet move together to move forward and adopt the new lead side.



### Exercise 5 – Stepping Through

Practice the stepping through movement. Increase speed when ready.



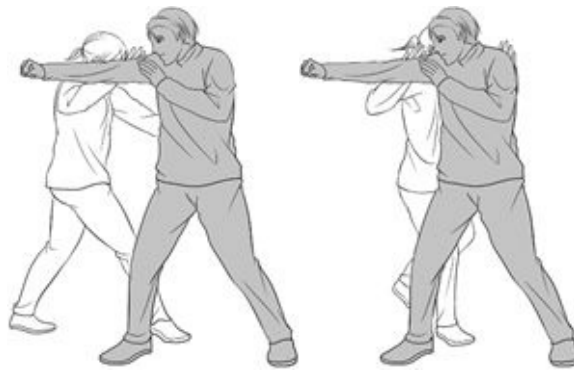
## Stepping Though Application

This demonstrates how you can use a slight variation of the stepping through technique to get behind your opponent.

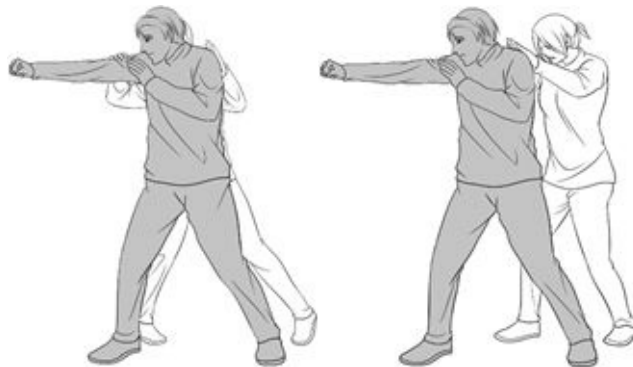
When practicing techniques for reality it is important to begin from a natural stance since that is a more realistic scenario. As your opponent strikes move your lead to the outside of his/her body and deflect his/her arm at the same time. Do not step straight in. You will get hit.



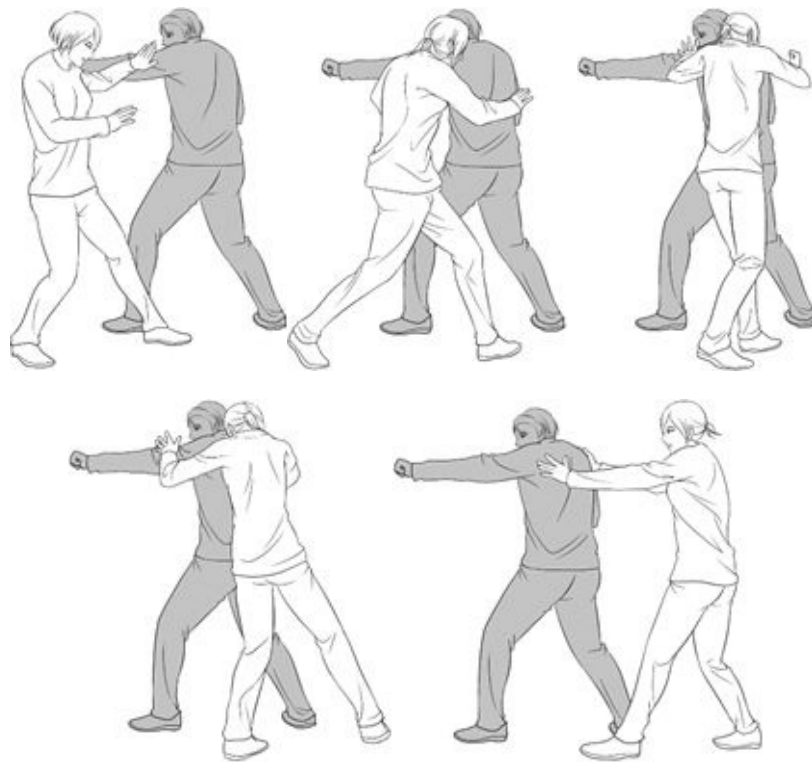
Move your lead foot forward behind your opponent and then pivot on your lead until you are facing his/her back.



Once you are at your opponent's back you can attack.



Here it is from the opposite side.



### **Exercise 6 – Stepping Behind Your Opponent**

Practice using this variation of the stepping through movement to get behind your opponent. Do not worry about attacking. Focus on your footwork.

## **Lesson 4 – Single Punch**

Learning correct technique in throwing a single punch introduces many important Wing Chun concepts including body alignment, weight distribution, the changing of hands, correct striking technique, balance etc.

## Changing Hands

Your starting position for this exercise is with your legs in the half squat position and your hands up as in the fighting position.



From this neutral position, begin to swap your lead hand.



As you do so, shift the majority of your body weight (approximately 70%) onto the same leg as your new lead hand. Your body tilts in such a way that your eye is in-line with your lead hand. Switch lead hands from right to left.



### Exercise 7 – Changing Hands

Practice changing hands from left to right.

## Single Punch

This builds on the previous exercise with the incorporation of a single punch.

When striking your limb should never become fully straightened. This is true for punches and kicks. Not only is the shock bad for your elbows and knees, you will also be more likely to miss.

Start in the half squat position with your hands up and your arms relaxed.

Punch out with your lead hand. As you do so, tilt your body and turn slightly so the majority of your weight is on your rear leg.

Notice the line of the body. You are angling out but punching to the center. Shifting your weight generates power and also places you out of your opponent's attack line.

Your rear hand is your guard.



After you punch open your hand to relax it. Do not start or stay stiff when you strike. You will lose power and speed.

As you relax your punching hand begin to punch with your other hand. Shift your weight to your other leg.



Do not over extend your arm. Your elbow should never lock.



## **Exercise 8 – Single Punch**

Practice the single punch from left to right.

## Lesson 5 – Triple Punch

Throwing multiple punches in quick succession will result in a loss of power but can be very useful in an actual fight. Practicing the triple punch will help to develop the muscle memory needed for repeating punches.

Begin in the half squat position with your hands up. Punch straight out in front of you and then relax your hand by opening it. Do not shift your weight as much as you did during the single punch exercise.



As you bring the hand back in your other hand punches.



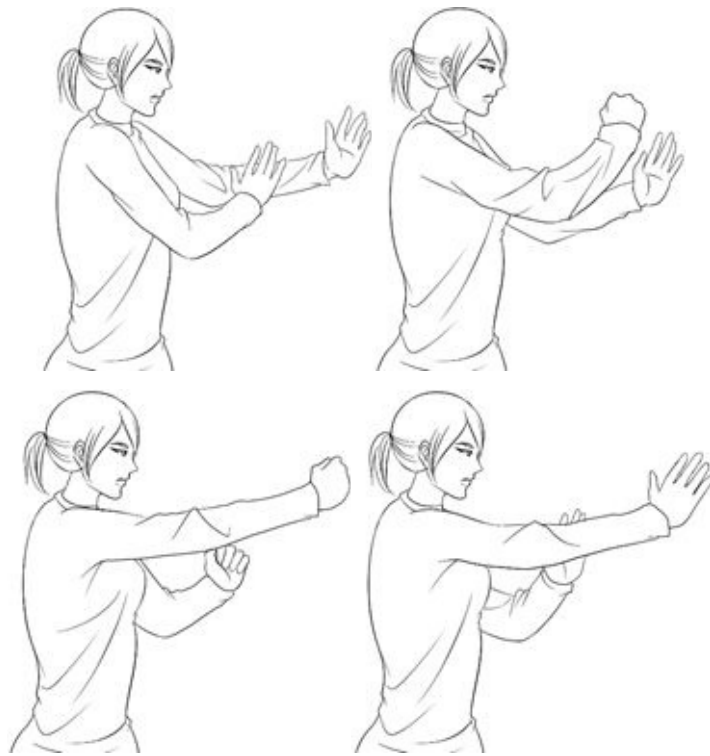
Relax your hand and punch with your other hand.



This makes a set of three punches.

Every time you punch open your hand.

Do another set but start with the opposite hand, i.e., if you did the first punch with your right hand in the first set, then do it with your left hand in the second set.



### **Exercise 9 – Triple Punch**

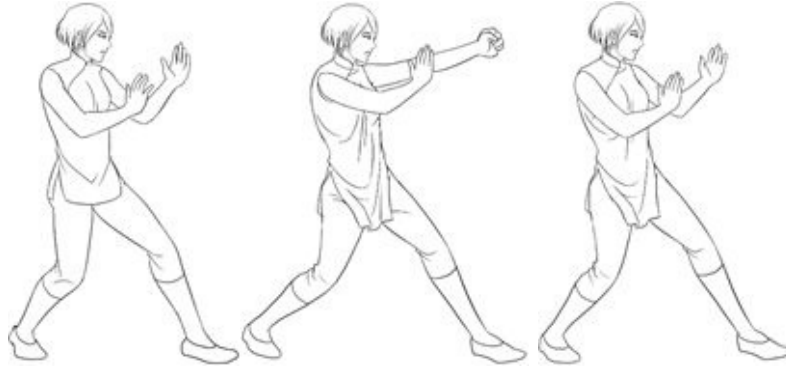
Practice the triple punch. Start slow and remember to relax your hand after each punch. Increase speed when ready.



## Lesson 6 - Stepping Punch

Combining stepping forward with a single punch allows you to close distance while attacking. The important lesson of using your body to generate power is emphasized.

Start in the fighting stance. As you move forward, punch with your lead hand. Your whole body moves together.



When you complete the punch relax back (ready for defense if needed), then do another one.

### **Exercise 10 – Stepping Punch**

Practice the stepping punch. When ready, use switching sides to change your lead leg and then practice on your other side.

### **Exercise 11 – Stepping Punch and Stepping Backward**

Use the stepping punch to move forward and stepping backward to return to your original spot. Practice on both sides of your body.

## Lesson 7 – Tan Sau

This lesson teaches the basic application of tan sau (dispersing hand), a Wing Chun arm and hand position primarily used as a defensive technique. It emphasizes the use of the body to do the work as opposed to just the hand.

It also introduces grabbing, the counter attack and the concept of telegraphing.

Wing Chun defense is designed to deflect attacks as opposed to direct force-on-force. This allows the weaker person to gain some leverage over a stronger opponent.

Tan sau is a good way to deal with mid-level straight attacks.

Begin in the half squat position with your hands up. Move your palm up and out from your center. Your elbow should end up about a fist-and-a-half length away from your body.

Turn your whole body to the side. Your hand and body turns together. Your waist does the work, not your arm. Your other hand is inside and ready for defense



Relax your lead hand to the normal fighting stance position and then swap your lead hand.



Turn to your other side using a combination of switching sides and tan sau. Notice that you do not fully turn to the opposite side. It is closer to half the movement of the switching sides exercise. Relax your hand and repeat the process.



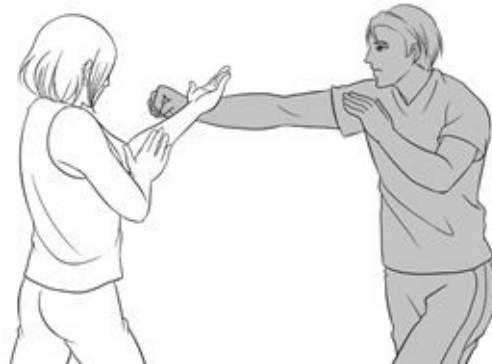
## **Exercise 12 – Tan Sau**

Practice using tan sau in this manner from left to right.

## Tan Sau Application

This demonstrates the application of tan sau. It helps you to learn where to put your hand against a real attack.

As your opponent punches use tan sau to deflect the attack.



The previous exercise was an exaggerated movement. Adapt what you learn to new situations. There is still the shift of body weight but only as much as needed.

Your hand should not go any more than needed to push the punch past your body. This is true with all Wing Chun defensive movements and is in line with the economy of motion principle, i.e., only move as much as needed.

You still use your whole body to turn and the rear hand stays in.

Repeat this movement left and right.



### Exercise 13 – Tan Sau Application

Practice using tan sau to deflect an incoming attack. Practice on both sides of your body.

## Lesson 8 - Counter-Attack

A counter-attack, also referred to as countering, is an attack made as a reply to another attack.

As your opponent strikes, use tan sau to defend. Use the same hand to attack your opponent in the eye.



When your hand and body are in the right position you will be in line to strike.

When striking never retract your limb as it will telegraph your intention, i.e., it will let your opponent know what you are about to do.

Never punch to the face. There are too many bones in the face and you will hurt your hand. If your hand gets hurt you will not be effective in grabbing, punching etc.

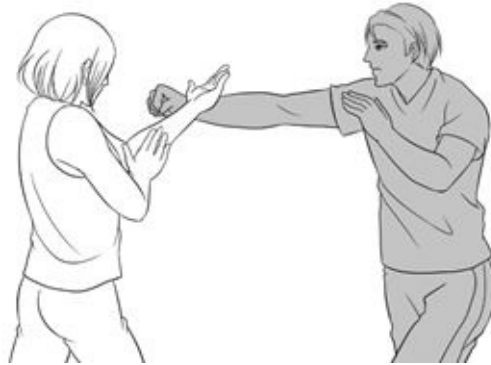
In training punch the body and in reality punch the body or throat. If you want to hit the face use an open hand, elbow or knee and stay away from his/her teeth.

### **Exercise 14 – Tan Sau Counter**

Practice this Tan Sau and counter-attack movement.

## Lesson 9 – Grabbing

Grabbing your opponent allows you to have greater control over him/her.  
Your opponent strikes and you use tan sau to deflect.



As soon as your tan sau connects with your opponent, use your other hand to come underneath his/her arm and grab it from the outside.



Now you can strike with your hand, e.g., a chop to the throat, attacking the eyes, or perhaps use your leg.



If your weight distribution is incorrect you will not be able to kick or move freely.

### **Exercise 15 - Grabbing**

Practice grabbing the hand and countering. Don't worry about kicking yet. You will learn that soon.

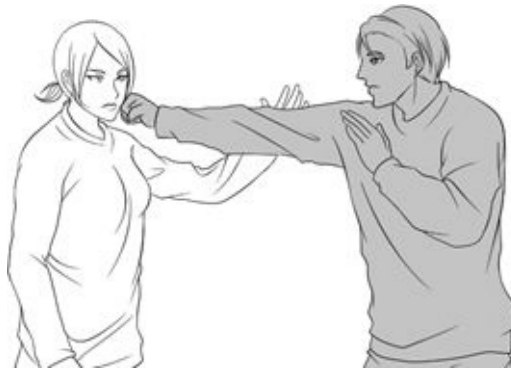
## Lesson 10 – Pak Sau

Pak Sau (slapping hand) is another fundamental Wing Chun movement. This lesson demonstrates using pak sau as a defensive technique. It also emphasizes on the awareness of body positioning, grabbing and turning from one side to the other.

As the punch comes in turn your body to the side and use the side of your palm (below the little finger) on your opponent's elbow. Your hand comes directly from the center of your body. Use your whole body in the movement. You want to hurt your opponent at the same time.



It is important to turn your body to the side, or you will get hit.



### **Exercise 16 – Pak Sau**

Practice using the Pak Sau in this manner from left to right and vise-versa.

## **Pak Sau Counter**

After using the Pak Sau you can counter with a direct strike to the face, e.g., finger strike to the eyes.



### **Exercise 17 – Pak Sau Counter**

Practice countering after using the Pak Sau.



## **Pak Sau Grab Counter**

After you defend you can use your other hand to grab and then counter.

Bring up your other hand and grab your opponent's wrist. As you grab his/her wrist, turn it a little bit. At the same time, either strike or apply pressure to the elbow.



### **Exercise 18 – Pak Sau Grab Counter**

Practice this defend, grab and counter-attack maneuver.

If your opponent brings up the other hand to defend, grab it and turn him/her. Now you can attack on this side.



### **Exercise 19 – Pak Sau Grab Counter Extended**

Add this second grab and attack to the previous exercise.

## Lesson 11 – Defending Against the Hook-Cross Combination

This demonstrates how you can use tan sau and pak sau to defend against a common boxing combination. It is just one of many ways in which tan sau and pak sau can work together.

As your opponent throws a hook punch at you use tan sau to defend against it.



As he/she follows up with a cross step back and use the pak sau to deflect it.



Remember to turn your whole body when applying the movements and to keep your other hand in to guard your centerline (lesson 12).

### **Exercise 20 – Hook Cross Defense**

Practice using tan sau and pak sau to defend against the hook-cross combination.

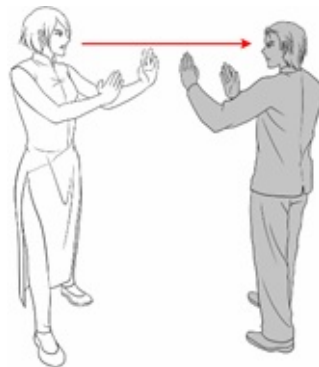
## Lesson 12 - Center-Line Principle

The center-line principle is a core concept in Wing Chun Kung Fu. Most, if not all of the exercises in this book are focused on protecting your own center-line while controlling your opponent's. Controlling the position of your center-line in relation to your opponent's is done with footwork. Understanding the center-line will allow you to instinctively know where your opponent is.

Your centerline is an imaginary line drawn vertically down the center of your body. All the vital organs are located near the center of the body. Keep it away from your opponent by angling it away from him/her.

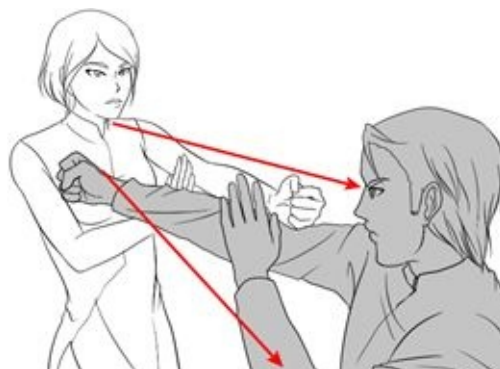


Your central-line (different from your center-line) is drawn from your angled center to your opponent.



Offensively, you generate the most power when punching out from your center since you can incorporate your whole body and hips.

When attacking in a straight line your center-line is away from your opponent while your central-line faces his/her center.



With hook punches and other circular attacks, the center- and central-lines merge.

There are three main guidelines for the centerline.

- The one who controls the centerline will control the fight.
- Protect and maintain your own centerline while you control and exploit your opponent's.
- Control the centerline by occupying it.

## Direct Line Punching

The following simple exercise demonstrates a number of fundamental principles in Wing Chun Kung Fu. Controlling the center line, using attack and defense at the same time and attacking on a direct line.

As your opponent punches move to the outside of his/her guard. Use a straight punch to deflect the strike and attack at the same time. Your arm is against his/her elbow. Take special note of your body alignment. Follow up with a second punch to the ribs.



### Exercise 21 – Direct Line Punching

Practice the described direct line punching.

## Lesson 13 – Bong Sau

Bong sau (wing arm) is a defensive technique unique to Wing Chun. It is used to divert a punch by creating an angle of deflection.

Begin in the half squat position with your hands up and in one movement, turn your hand down and your elbow up. As you do so, turn your waist and tilt your body so your feet are in a fighting stance position. Your waist does the work, not your arm.

Keep your arm in line. Your other hand is a guard hand in case your opponent's strike passes through.



This is bong sau.

Turn slightly back and bring your hand back to the center.

Switch hand positions, so your other hand becomes your lead. Shift your weight to match your new position and then do bong sau on your other side.



### **Exercise 22 – Bong Sau**

Practice bong sau from left to right and vice-versa.

## Bong Sau Strike

This adds a strike to the bong sau.

Do bong sau as previously described.

Shift your body back to center and as you do so, bring your arm up towards your face. Your palm lands in front of you as if you are reading something off it. Your other hand stays in the rear as a guard.



Your lead strikes out. Ensure you use the body weight shift as you did in the single punch exercise. The whole body strikes together. As you bring your hand back, go into bong sau on your other side.

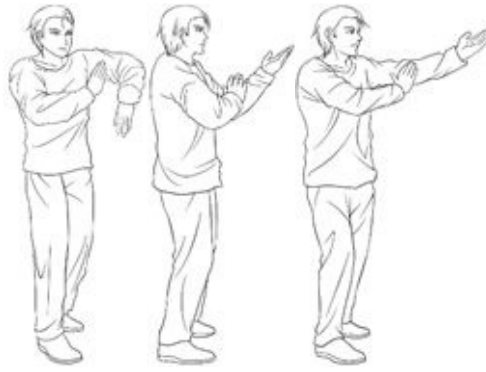


Do the strike on this new side.



On each side is three separate movements and each movement uses the whole body.

1. Bong sau
2. Return
3. Strike



### **Exercise 23 – Bong Sau Strike**

Practice the bong sau with the strike.



## Lesson 14 - Lap Sau Drill

The lap sau (pulling hand) drill is a basic Wing Chun drill which amongst other things, such as body line, teaches about grabbing and pulling.

It is important to remember that this is a training drill. You need to work together to make it work. It is not about beating your partner. It is about understanding the flow of energy between you.

Begin in bong sau and have your partner place his/her arm on top of yours. Grab each others wrists. It is important that your elbows are locked together.

Pull down your opponent's arm by the hand.



At the same time, rotate your other arm up. Your partner brings his/her hand up to grab your arm.



Then he/she pulls your arm down. Repeat this process.



To know if your bong sau is correct try to palm your partner. If your arm is not firm or too straight he/she can hit you. If your arm is firm and in the correct position your partner's hand will be deflected above your head.



If while you pull your partner holds on to your wrist the action will break the hold.



### **Exercise 24 – Lap Sau**

Practice the lap sau drill on both sides.

## Lap Sau Change

Once you are comfortable with lap sau on each side individually you can learn to change sides in a flowing manner.

As your partner comes to grab your hand turn your wrist and grab his/hers.



Pull his/her arm down and place your bong sau on top. While you do this also change your lead leg to match.



Continue with the lap sau drill on this new side.

### Exercise 25 – Lap Sau Change

Practice changing sides while doing the lap sau drill.

## Lap Sau Arm Lock

The lap sau can be applied to real fighting scenarios in many ways.

Grab your opponent's arm and twist it down as you would in the lap sau drill, with your other arm on top.



Apply pressure onto your opponent's elbow to apply a basic arm lock.



### Exercise 26 – Lap Sau Arm Lock

Practice using the lap sau to apply a basic arm lock.

If he/she grabs you before you apply the pressure use the lap sau change movement to grab your opponent's arm and pull him/her down to apply pressure to the other arm.



### Exercise 27 – Lap Sau Arm Lock 2

While attempting the basic arm lock from the previous practice have your partner grab your wrist. Use the lap sau change movement to apply the arm lock on your partner's other arm.

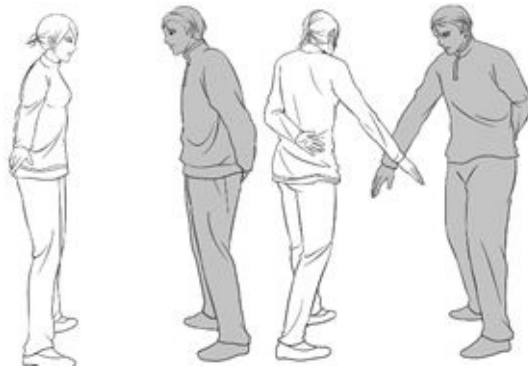
## Lesson 15 – Forearm Conditioning

This forearm conditioning drill will build your pain tolerance and make your movements faster.

Go light to start so you do not hurt yourself.

Put one hand behind your back and the other angled down to your side. Your partner does the same. Your hand and arm must be in line, pointed down.

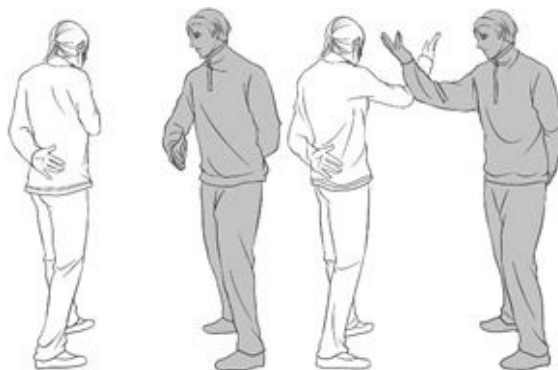
Use your whole body to turn in so that your arms meet in the middle.



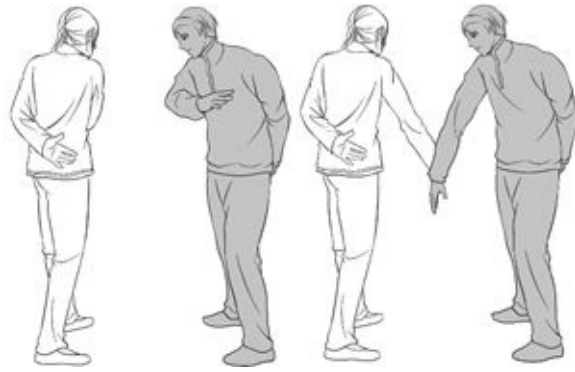
Ensure you use the bony outside part of your forearm. The inner fleshy part will cause you more pain. The following picture is the wrong way to do it.



Next, bring your arm in toward your center and up so your arms meet again.



Go back down the same way you came up.



Turn your body to do the same with the other arm.



The pattern is; turn, up, down, turn, up, down.

### **Exercise 28 – Forearm Conditioning**

Do the forearm conditioning exercise.

Increase speed and power as you and your partner feel comfortable.

## Lesson 16 – The Chop

This lesson introduces the chop movement for defense and attack. The chop is very useful for causing pain as you defend.

The exercises included in this lesson progressively show how correct body positioning allows you to be ready for any attack.

As your opponent attacks with a straight punch chop down on his/her arm using the part of the arm that you used in the forearm conditioning exercise.

Aim for near your opponent's wrist to cause pain.



As soon as you have chopped, use your other hand to grab your opponent's wrist. As you grab him/her, step in and chop to the neck.



### **Exercise 29 – Chop Defense and Counter**

Practice using the chop to defend and counter.

If after the first strike your opponent throws a second punch take a small step back and use the same arm to defend against it. As you step back chop his/her neck with your other arm.



### **Exercise 30 – Chop Defense and Counter Extended**

Add defense against this follow-up strike to the previous exercise.

If your opponent then uppercuts bring your elbow down to defend against it.

Ensure you move out of the way or you will get hit. Also, if you are too close you will not have enough room to defend.



### **Exercise 31 – Chop Defense and Counter with Uppercut Defense**

Add in the uppercut defense to the previous exercise.

If your opponent hooks just chop it again then attack his/her center-line.



### **Exercise 32 – Chop Defense and Counter with Hook Defense**

Replace the uppercut from the previous exercise with a hook and defend accordingly.

### **Exercise 33 - Chop Defense and Counter with Alternating Uppercut and Hook Defense**

Do the chop defense and counter exercise and randomly alternate between the hook and uppercut defenses.



## Chopping the Pad

Using a pad means you can focus on applying power to your techniques without hurting your training partner.

As your partner punches use tan sau to defend then bring your other hand over and pin your opponent's punching hand down. Grab it and force it down. Hold it in tight otherwise he/she will be able to punch you.



Chop the pad. Don't try to bring your arm back to generate power. It just gives your opponent time to hit you. Use your waist. It is faster and more powerful. The picture on the right is the incorrect way to do it.



In reality you would aim for the neck.



### Exercise 34 – Chop the Pad

Practice the chop on a pad.

## Lesson 17 – Uppercut Defense

In the previous lesson defending against the uppercut with your elbow was demonstrated. Here's a way you can defend against the uppercut using the chop.

As your opponent uppercuts chop down onto his/her arm or wrist. Hitting the wrist will do more damage to him/her but being nearer the elbow will make it easier to counter.

Use your whole body to chop.



### **Exercise 35 – Uppercut Defense**

Practice defending against uppercuts left and right using the chop. Use your waist.

After the chop you can counter by attacking straight into your opponent's neck.



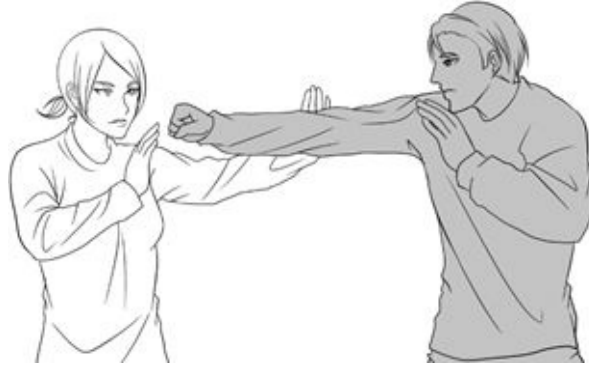
### **Exercise 36 – Uppercut Defense and Counter**

Add a counter-attack after defending against the uppercut.

## Lesson 18 – Triple Defense

This lesson shows how the tan sau, pak sau and the chop can work together to defend against common boxing attacks. The exercise is good for practicing the shifting of your body weight as your body must turn after each technique.

Your opponent throws a straight punch. Defend with pak sau.



He/she throws a cross punch. Defend against it with pak sau on the other side.



He/she then throws two hooks, one on either side. Use tan sau to defend.



Finally your opponent throws two uppercuts. Chop them accordingly.



### **Exercise 37 – Triple Defense**

Practice defending against the six attacks in order.

### **Exercise 38 – Triple Defense Random**

Have your partner throw straight punches, hooks and uppercuts at random. Defend against them accordingly, with or without counters.

## Lesson 19 - Three Kicks

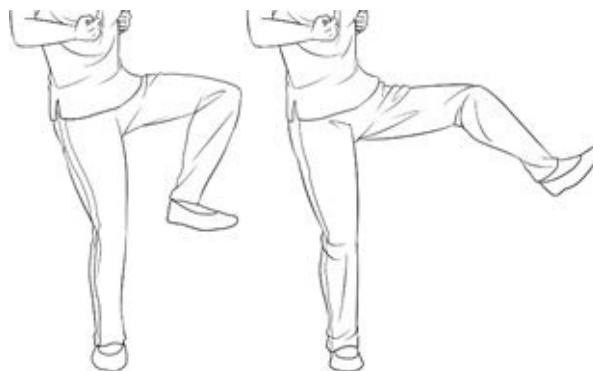
The stomp kick, side kick and front kick are fundamental foot techniques in Wing Chun. This lesson teaches how to do these three basic kicks on a single spot. It helps to improve balance, body position, leg strength and technique.

Start from the half squat position and then turn into the switching side's position with approximately 70% of your weight on your rear leg.

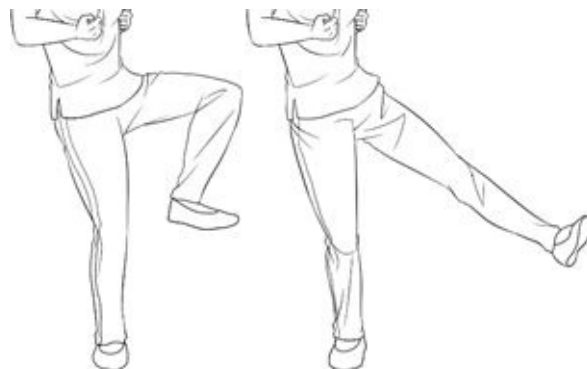
Raise your rear leg so your knee is parallel to the floor.

Angle your foot out slightly as you kick your foot out. The sole of your foot is what would be hitting the target. The target is your opponent's thigh or knee. Do not straighten your leg fully i.e. your knee should not "lock" into place.

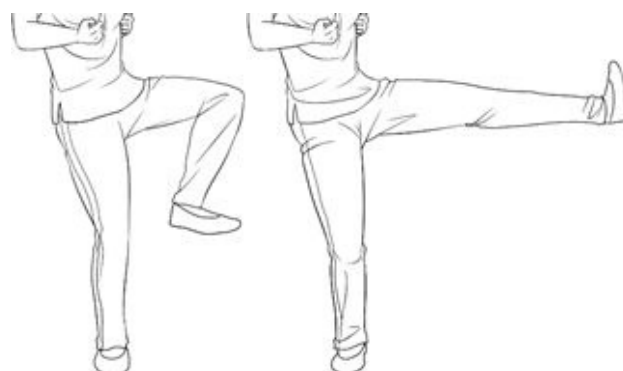
This is the stomp kick.



Bring your leg back to the position where your knee is parallel to the floor. Angle your foot slightly in so you can do a side kick. The side kick which strikes at an imaginary shin target.



Bring your leg back to the position where your knee is parallel to the floor. Thrust it straight out into a front kick. The target would be the gut of your opponent. Your foot is vertical.

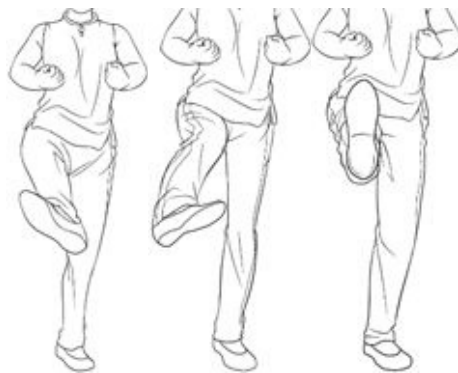


Bring your leg back and then down to the ground. As you do so, adopt the half squat position.



Turn to your other side and repeat the three kicks with your other leg.

Finally, do the three kicks to the center, i.e., do not turn to the side.



### **Exercise 39 – Three Kicks**

Practice the three kicks. As you increase speed it will get easier to balance.

## Three Kicks Application

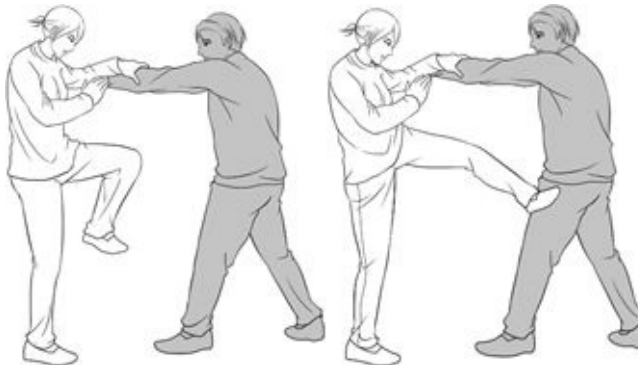
This demonstrates application of the three basic kicks. It also teaches a technique using the same hand to deflect and grab in a fluid motion and emphasizes on correct distancing.

As your opponent punches use a variation of the tan sau where your palm is facing away from you. This will enable you to grab your opponent's arm as you defend.

As soon as you deflect the punch grab your opponent's arm and plant a stomp kick into his/her shin. This first kick must be very fast. It stops the advance and distracts him/her.



Bring your leg back and then thrust a side kick into your opponent's thigh.



Bring your leg back again and then apply the front kick to your opponent's torso under the armpit. Pull him/her in as you do it and kick upward.



When applying these kicks if your distancing is incorrect or you are not stable you will have problems, e.g., missing your target or becoming unbalanced when he/she pushes into you.

### Exercise 40 – Three Kicks Application

Practice the three kicks application on both sides of the body.

The grabbing technique is hard to apply in a real life scenario since it takes very fast

reflexes. For now just do it slowly to get the movement right. We will revisit it later with speed.

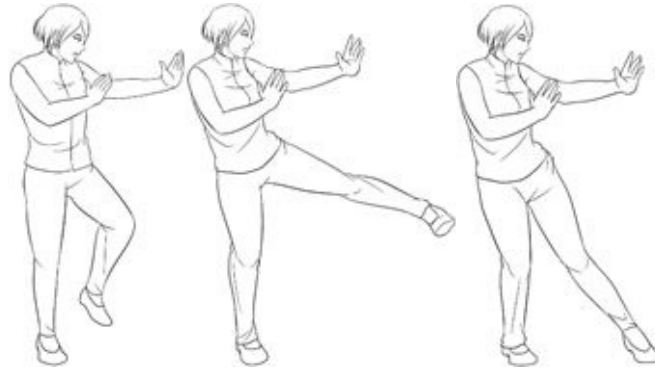


## Lesson 20 - Stepping Side Kick

The stepping side kick is useful for attacking low (knee level or below) while closing ground. It combines basic stepping with the side kick.

Begin in your fighting stance. Step forward a couple of times. When ready, as your rear foot comes up plant it firmly into the ground so you can do the side kick with your lead leg.

Drop your foot back to the ground and then repeat the process.



Do this a few times and then use switching sides to turn around so you can do it using your other side.

Here is the view from the front so you can see the line of the body with the hands.



### **Exercise 41 – Stepping Side Kick**

Practice the stepping side kick on both sides of your body. Step forward two or three times and then kick.

## Lesson 21 – Punch Roll

The punch roll is a basic Wing Chun drill which is beneficial for many things such as increasing speed, honing reflexes, understanding the line of the body, trapping, distance etc.

The punch roll can be broken down into four movements; defend, under, cover and punch. Your partner punches at you and you defend with pak sau.



Your other hand then comes under his/her arm to deflect it out of the way.



The hand that you did the pak sau with then comes over to cover his/her arm. It forces it down.

Finally, you punch and your partner uses pak sau to defend.



You repeat this defend, under, cover and punch routine between you and you partner.



Although it is presented here in four separate movements the punch roll is fluid. There should be no discerning pause between the movements. They roll into each other.

The punch roll can also be done without the pak sau. Instead, you use the “under” as the initial defending maneuver.

When you first begin to practice the punch roll you have to make sure you are ready. Every time your partner punches you must be ready to react. After some practice, it will become instinctive.

### **Exercise 42 – Punch Roll**

Practice the punch roll on both sides.

## Punch Roll Change

Once confident with doing the punch roll on both sides of your body you can advance to changing sides while doing the punch roll, as opposed to stopping, changing sides and then restarting. It allows you to change from left to right (or vice-versa) very quickly.

The movement needed to change can be broken down into four stages; chop, under, cover, punch. Like the punch roll, these four movements are done with no pause between the movements.

Begin by doing the punch roll as normal. When you are ready to change, instead of punching, chop the hand that your partner would usually use to intercept your punch.



Next, bring your other hand under and to the outside of his/hers.



The hand you chopped with then covers his/her hand and you punch.



From here continue the punch roll on this new side.

In reality the chop would go to the neck.



### **Exercise 43 – Punch Roll Change**

Practice the punch roll with this change.

Practice the punch roll often. You want it to be instinctive so you no longer need to think about what your hands are doing. Your mind will then be free to think ahead.

## Lesson 22 – Trapping

Trapping is an important concept in Wing Chun. It is when you immobilize your opponent from attack and defense while still being able to attack him/her. Many defensive techniques, grabs, holds, pressing etc., can be considered as trapping.

**“Greet what arrives, escort what leaves and rush upon loss of contact.”**

**Yip Man.**

It is important to note that in a real fight or fast paced sparring it is the simple traps that work best, e.g., defend, grab and punch.

Here is a basic method of trapping both of your opponent’s hands. It relates extremely closely to the punch roll and helps you learn to feel your opponent’s movements.

Your opponent strikes and you deflect with tan sau. At the same time you bring your other hand over to pin his/her arm down.



As you pin the arm down you punch. As you punch your opponent defends.



As soon as your opponent’s hand touches yours bring your non-punching hand over to pin this hand down on top of his/her other one. Strike. In training hit the body. In reality, hit the throat.



Maintain the correct distance.

When you punch remember to keep upright and generate power from the waist. If your opponent moves back follow him/her in by stepping forward as opposed to leaning in which will cause loss of balance and power.

Your first punch is bait for your opponent to defend against so you can trap the second hand. The reason you do not just hit your opponent the first time is because you could also be hit. You will just be trading punches.



#### **Exercise 44 – Trapping**

Practice this method of trapping both of your opponent's arms.

## Trapping Complications

Hold the arms down tight and force into it otherwise he/she will just lift them up.



If your opponent does manage to push your arms up you can punch his/her stomach.



If he/she hooks, you can defend and punch.



### Exercise 45 – Trapping Complications

Practice trapping and have your partner throw another one or two random attacks for you to defend against.



## Trapping Multi-Punch

Once you are comfortable with this lesson's initial method of trapping you can add in more attacks such as repeating punches.

Trap and punch as previously explained.



Your punching hand then comes down to hold his/her arms down whilst your other hand punches. You can continue punching with alternating hands in this manner.



After every punch your opponent will move back a little. Use foot work to maintain distance. Do not lean in.

### Exercise 46 – Trapping Multi-Punch

Trap both your partner's arms and then do three punches.

## Trapping Elbow

This replaces the punch with an elbow.

Trap your opponent's hands as in the previous exercises. Drive your elbow into his/her chest. Keep your elbow in line and move forward with your body upright. Create power with footwork. Force your body into the strike.



Do not lean in or try to go too high, you will lose balance and power.



### Exercise 47 – Trapping Elbow

Practice trapping and then attacking with the elbow. Do not go too hard on your training partner. Even if your partner is wearing a body pad (which he/she should be), a strong elbow will do damage.

## Trapping with Pads

When practicing trapping and attacking with pads you can apply more power than if just using a body pad but you can only trap one hand.

If using an elbow make sure your partner holds the pad square on or you'll miss and hit him/her in the chest. Practice slowly first.



### Exercise 48 – Trapping with Pads

Practice trapping and hitting using hand pads.

## Lesson 23 - Wrist Grab Escape

This exercise demonstrates a basic wrist grab escape. It uses the previous trapping exercise as a scenario but is also the basis of escaping someone's grip in most cases.

Begin with the trapping exercise as previously described. When you try to do the second punch you find that your opponent has grabbed your wrist so tightly that you cannot easily pin it down.



React fast. Lift your elbow parallel to the ground and then drive it forward into him/her.



If the grip is so strong that you cannot raise your elbow just bring your hand up a little and hit the inside of his/her forearm to break the grip and attack. It works because you are forcing your arm out at the weakest point of your opponent's grip, i.e., where the thumb and fingers (would) meet.



### **Exercise 49 – Wrist Grab Escape**

Practice the various wrist grab escapes.

## **Lesson 24 – Punch Roll Lap Sau Interchange**

This lesson demonstrates how you can flow between the punch roll and lap sau drills.

## Punch Roll to Lap Sau

Being with the punch roll.



When you are ready, grab your partner's punch and move into lap sau.



## Lap Sau to Punch Roll

As you bring your partner's hand down your other hand comes over to pin it down.



As you pin it, punch.



### Exercise 50 – Punch Roll Lap Sau Interchange

Practice changing between punch roll and lap sau.

When comfortable add changing sides during each of the separate drills.

## Lesson 25 – Kau Sau

Kau sau (detaining hand) is a Wing Chun hand position. It is a combination of fut sau (low) and either tan sau or pak sau (high). Here it is demonstrated with pak sau.

Fut sau (outward palm arm) rises outward and upward from the center of the body. In this demonstration it is applied to the side to defend against an attack.

Pak sau and fut sau occur together with the pak sau rising out and the fut sau sweeping from the center.

Using the kau sau as demonstrated here revisits whole body movement.

Begin in the half squat position with your hands up. The lower hand moves down and the upper hand rotates inward.



Use changing sides to rotate your body. Whichever is your bottom hand, then that is the side you rotate to. Ensure your top hand is in line and do not put it too close to your face. It needs space to stop the strike.

The intention is that your top hand protects the upper portion of your torso and then bottom hand protect the lower.

Next, your top hand angles down and your bottom hand angles up, i.e., they swap positions.



Rotate your body to the other side. Your whole body must be strong to prevent attacks getting through. You must be stable and your arms strong in place.





The changing of the hands and the moving of the body happen as one movement. Remember, it is the motion of the whole body which creates the force behind movements, not just the motion of your arm.

### **Exercise 51 – Kau Sau**

Practice this version of the kau sau from left to right and vice-versa.

## Lesson 26 – Side Kick Defense

This shows how the lower arm of the kau sau can be used to defend against a side kick to the stomach.

As your opponent side kicks to your stomach step back and use fut sau to chop his/her lower leg. Make sure you turn your body to the side or you will get hit. Stepping back helps to absorb the impact.



The chop can come on either side of the leg but hitting the back of the calf will cause your opponent the most pain.



### **Exercise 52 – Side Kick Defense**

Practice defending against side kicks with fut sau. Step back on each kick so you practice on both sides.

Once you have intercepted the kick you may end up on the outside of your opponent's guard. This is a good time to attack.

## Lesson 27 – Round Kick Defense

This demonstrates using the pak sau motion from kan sau to defend against a round kick. As your opponent kicks put your elbow/upper forearm onto his/her lower leg. Ensure your feet are grounded for stability and that you turn your body to avoid the blow.



Your elbow can land anywhere on your opponent's lower leg but on the ankle will inflict the most damage to him/her.

### **Exercise 53 – Round Kick Defense**

Practice defending against the round kick with this modified pak sau. Step back on each kick so you practice on both sides.

## Lesson 28 – Gum Sau

Gum sau (pressing hand) is a great defensive technique against rising attacks such as uppercuts and kicks. This lesson demonstrates using gum sau to defend against a front kick.

As the front kick comes in step back and turn as you strike down at an angle using the side of your palm onto his/her ankle. In training aim for the shin.

You have to be strong in your movement. If you just slap at it, as in the picture on the right, you will get hurt.



Be sure to turn so you are out of the way and in-line to counter.



### **Exercise 54 – Front Kick Defense**

Practice using the gum sau to defend against front kicks. Step back on each kick so you practice on both sides.

### **Exercise 55 – Random Kick Defense**

Practice defending against side, round and front kicks at random.

## Lesson 29 - Elbow Drill

This is another Wing Chun drill to help increase response time, muscle memory etc.

Your partner comes in to elbow. Step back and use your hand to defend. This stepping back helps to absorb the strike. If you do not step back you will probably get hurt.

Your other hand then comes from underneath.

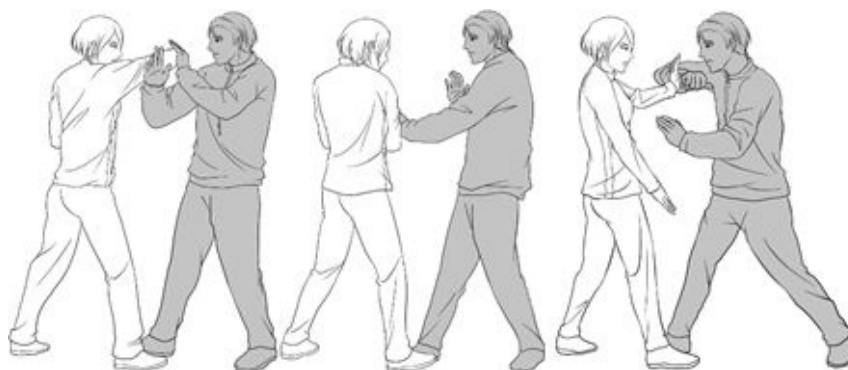


Use your initial hand to pin your opponent's elbow down.

Now you step forward to elbow. Do not lean in. Keep your body upright and use your whole body to produce the power.



As you come in your partner steps back and defends. This back and forth continues.



### **Exercise 56 – Elbow Drill**

Practice the elbow drill on both sides.

## Elbow Drill Change

This shows how you can change sides whilst doing the elbow drill. It uses a similar method as when changing sides during the punch roll.

When you pin the arm down instead of returning an elbow use a chop.



Your other hand then comes from underneath to change sides. Be sure to change your lead leg at the same time.



Pin your opponent's arm down and elbow.



### Exercise 57 – Elbow Drill Change

Do the elbow drill incorporating the change movements to swap sides.

## **Lesson 30 – Intercepting Kicks**

Interception is an important concept in Wing Chun. It is where you use an attack to defend. In fact, where most other martial art style use blocks, Wing Chun uses interceptions.

This lesson shows how you can intercept various attacks/advances with various kicks. The kick you use will depend on your distance and the attack made at you.

## Intercepting Stomp Kick

The stomp kick can be used to effectively stop a low thai-style round kick. As the kick comes in use the sole of your foot to intercept it at the shin.



Keep your body upright and lean in a little as you do the kick. If you lean back he/she will be able to push you over as in the picture on the left. Also, when you lean it makes it easier to follow-up.



If you are too close it will not work because you will not have enough room to do the movement.

### Exercise 58 – Intercepting Stomp Kick

Practice intercepting the round kick with your stomp kick. Ensure you give yourself enough distance to time the interception correctly.



## Intercepting Side Kick

The side kick is useful to intercept an opponent's advance.

When your opponent wants to hit you he/she has to come towards you and in order to do so he/she has to move his/her leg first. Side kick the shin or knee as your opponent moves in. It is a flicking kick to stop the advance, not a finishing move.

When you intercept the leg the punch will most likely be out of range to hit you, but you can defend against your opponent's arm at the same time if you want.



### Exercise 59 – Intercepting Side Kick

Practice using the side kick to intercept an advance.

## Lesson 31 - Low-Kick High-Kick Defense

This exercise uses the intercepting stomp and the modified pak sau from lesson 27 (round kick defense) to defend against the low-kick high-kick combination which is common amongst muay thai style fighters. It is a good illustration of the economy of motion concept:

- When attacked below the waist you defend with what you have below the waist.
- When attacked above the waist defend with your hands.

When you're close to your opponent he/she has no room to kick you high. If your opponent wants to kick he/she has to kick low. Intercept with a stomp kick and then step back.



Stepping back creates the distance your opponent needs to kick you high. When he/she follows up with the second kick, use the modified pak sau from lesson 27 (round kick defense) to defend.



### **Exercise 60 – Low-Kick High-Kick Defense**

Practice this low-kick high-kick defense on both sides of your body.

## **Lesson 32 – Punch Roll Elbow Drill Interchange**

This demonstrates how to link the punch roll with the elbow drill.

## Punch Roll to Elbow Drill

Start with the punch roll. Chop to change sides and come underneath with your other hand.



Pin his/her arm down and then put in the elbow.



## Elbow Drill to Punch Roll

As you chop to change, bring your other hand under.



Pin his/her arm down and punch.



### Exercise 61 – Punch Roll Elbow Drill Interchange

Practice changing between the punch roll and the elbow drill.

When comfortable with the interchange add changing sides during each of the separate drills.

### Exercise 62 - Three Drills

Move between the lap sau, punch roll and elbow drills.

Begin with the punch roll. Change sides a few times and then change to lap sau.

Change sides a few times during lap sau and then change back to the punch roll.

When ready, change to the elbow drill and then back to the punch roll.

Change sides during any of the drills when you feel like it.

Once proficient with these three drills you will not have to think about it. You will just feel the movement and react accordingly.

## **Bonus - Basic Chi Sao**

Another drill which can be linked is chi sao (sticky hands).

Chi sao is an advanced Wing Chun drill used to improve touch sensitivity and harnesses flowing energy (chi). It also increases body balance and promotes the looseness of the arms and body.

Chi sao is not covered in detail in this book and is not included in the training schedule but a few chapters from **How to Do Chi Sao by Sam Fury** (available at [SurviveTravel.com/Chi-Sao](http://SurviveTravel.com/Chi-Sao)) are included now as a bonus. These chapters are enough for you to be able to do the basic chi sao drill.

**–Start of Excerpt–**

## Hand Positions

There are 3 main hand positions used in Chi Sao. They are Tan Sao (Palm up Block/Taun Sao), Bong Sau (Wing Arm Block/Bon Sao) and Fook Sao (Bridge-On Arm Block/Fok Sao/Fuk Sao). Practice each of these hand positions separately as well as switching from one to the other.

### Tan Sao

Tan Sao is used to limit the opponent's ability to strike straight in. Drive it forward from the center of your body in a slight upward motion.



Ensure the following;

- ñ Your palm is open, fairly flat and facing the sky.
- ñ There is approximately a 30 degree bend at the elbow.
- ñ The whole arm is very slightly towards your centerline.

### Bong Sau

Bong Sau is used to redirect the opponent's attack to a neutral position. It is best used when you are already in contact with the opponents arm.



Ensure the following;

- ñ The elbow is pointed straight out and slightly in.
- ñ The forearm is angled at a 45 degree downward slope in towards the centerline.
- ñ The forearm is also angled 45 degrees forward.
- ñ The wrist is in the centerline.
- ñ The elbow is higher than the wrist.
- ñ The hand/fingers continue in the same direction as the forearm.

ñ The upper arm is in a fairly straight line, pointing to the front.

ñ The angle of the elbow is slightly greater than 90 degrees.

### **Fook Sao**

This defensive position is placed over your opponent's arm. Exact positioning is adjusted to fit the situation and is often described as either high or low.



Ensure the following;

ñ The elbow is about six to eight inches from the body and angles in towards the center of your body.

ñ The forearm angles up with the hand open and the fingers hooked down towards the wrist.



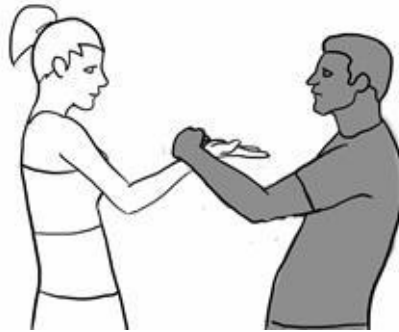
## Dan Chi Sao

### Single Sticky Hands/Don Chi Sao/Doan Chi

The movements in this drill are not to be applied with intent of striking. They are for teaching the feeling of movement and, to begin with, are to be performed gently.

Contrary to the name, it is the forearms that “stick”, not the hands. They stay in touch throughout the entire drill.

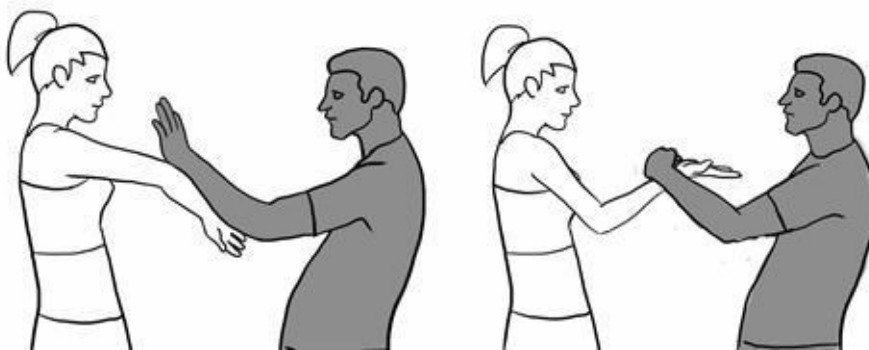
P1's right arm is in Tan Sao. P2 adopts Fook Sao with his left arm on top of P1's arm. P2 presses his elbow inwards towards his centerline. Both exert a slight forward pressure.



In one motion, P1 uses the Tan Sao to guide P2's left arm off the centerline then attempts to strike with the same hand. P2 defends by dropping his elbow down and inward.



P2 attempts to strike P1's face. P1 defends with Bong Sao. P1 and P2 return to the starting position. They repeat the drill.



### Double Dan Chi Sao

This is the same as Dan Chi Sao but with P1's free hand in a Low Fook Sao over P2's Tan Sao. This position does not change whilst the other hand performs Dan Chi Sao as normal. At the completion of one complete round, switch arms. Practice until the switch between

arms is seamless.

# Luk Sao

## Rolling Arms/Lop Sao/Lok Sao

Luk Sao is the base of Chi Sao. Practice it on its own until fluid before incorporating attack and defense drills. Throughout the movement, keep the shoulders relaxed and apply a slight forward pressure.

**Note:** If your hand positions are correct, forward pressure will automatically be maintained. If your opponent removes opposing pressure, your hand will strike forward by reflex.

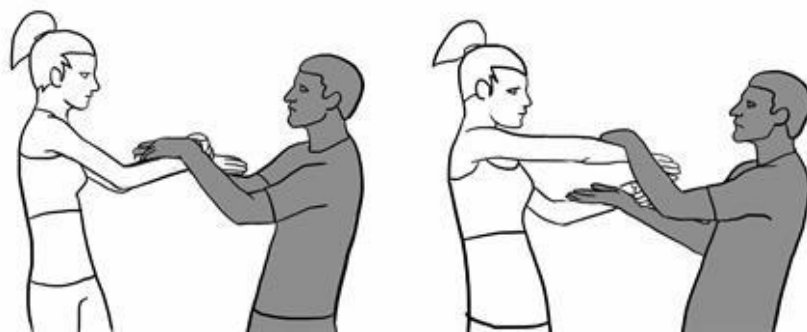
Luk Sao is basically moving between 2 positions. From Bong Sao and Low Fook Sao, to High Fook Sao and Tan Sao.

P1's right hand is in Tan Sao. P2's right hand is in Bong Sao. Both of their other arms are in the Fook Sao position situating over their partners opposing arms i.e. right on left, left on right. P1's Fook Sao is in a high position whilst P2's is low. Constantly press the elbow of the Fook Sao into the centerline.



P1 rotates her right elbow up, keeping the wrist in towards her centerline. As her elbow rises up to shoulder height, her forearm drops into the Bong Sao. Her left hand stays in Fook Sao throughout the movement, but moves to a low position. Keep the elbow down on the Fook Sao or forward pressure will be lost.

As P1 one does the above, P2 drops his Bong Sao back down into Tan Sao. As his Bong Sao drops, he moves his wrist outward and the elbow lowers back into its drawn-in position of the Tan Sao. As his Bong Sao settles into a Tan Sao, his Fook Sao moves from low to high while staying in contact with P1's right Bong Sao.



They then reverse the roll and return to the starting position.

All this is done in a flowing manner and it is important to do it with intent. Turn and push to interlock the hands. Be tense but flexible.

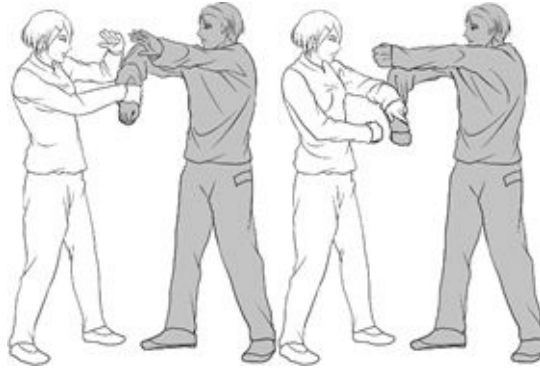
All drills from now on start from Luk Sao, unless otherwise stated.

When explaining when to initiate a drill sequence from Luk Sao the terms “high or low point/position” are used. This does not mean the movement is to be started at the very highest or lowest point. The exact point of where one should begin a technique is impossible to describe. With practice you will discover the best timing.

**—End of Excerpt—**

## Lap Sau to Chi Sao Interchange

During lap sau as you bring his/her arm down follow it with your other arm.



Bring your other arm in and begin chi sao.



## Chi Sao to Punch Roll

During chi sao bring your hand under then pin his/her arm down and go into the punch roll.



## Lesson 33 – Biu Sau

Biu sau (darting hand) is a useful Wing Chun technique for deflection, attacking or simultaneous attack and defense. Traditionally biu sau comes directly from your centerline. It is a perfect example of the direct-line concept.

In this lesson biu sau's use is demonstrated against the common jab-cross combination.

For this to be effective you must be fast and keep good distance.

As the jab comes in you move to the outside and deflect it with a modified biu sau coming over it with your hand.



When the cross comes in your body has to change sides. Use the same hand to come underneath the cross and go directly for his/her eyes. It will place you on the outside of your opponent's guard which is perfect for attack. If you cannot go straight for the eyes in a direct line, attack his/her ribs instead.



Here you can see the feet. Move as needed to avoid being hit.



### **Exercise 63 – Jab Cross Defense**

Practice using this modified biu sau to defend against the jab-cross combination.

## Lesson 34 - Boxing Defense

On the street the majority of people fight in a manner similar to boxing. It makes sense to learn how to defend against the common boxing attacks.

As your opponent throws a straight punch move out of the way and palm it down. As the second straight punch comes in, move back and palm it down also.



Next your opponent throws body punches. Defend by dropping your elbows to cover your ribs. Move back as the punches come in. For every punch you will probably need to move back as he/she comes in.



Next are hooks to the head. Move your arm up so your forearm meets his/her wrist.



Finally come the uppercuts. Use your palm to stop them.





### **Exercise 64 – Boxing Defense**

Practice defending against the basic boxing punches.

### **Exercise 65 – Random Boxing Defense**

Have your partner mix up the order of the punches. Move freely and counter when you see an opportunity.

## **Lesson 35 - Punch Roll Kicks**

Hopefully you have been practicing the punch roll regularly and the motion is somewhat instinctive. Now you can add in kicks whilst doing the punch roll.

## Punch Roll Drop Kick

The drop kick is best to use when you are too close for the side kick and you are attacking below the waist.

Start with the punch roll and go to change sides.



When you grab your opponent put in a drop kick to the thigh or knee. The rhythm is chop, grab and kick.



Don't lean back. If you are not grounded with your body upright your opponent can push you over. If anything, lean in a little.



### Exercise 66 – Punch Roll Drop Kick

Practice the punch roll with the drop kick. When comfortable, move around as you do it.

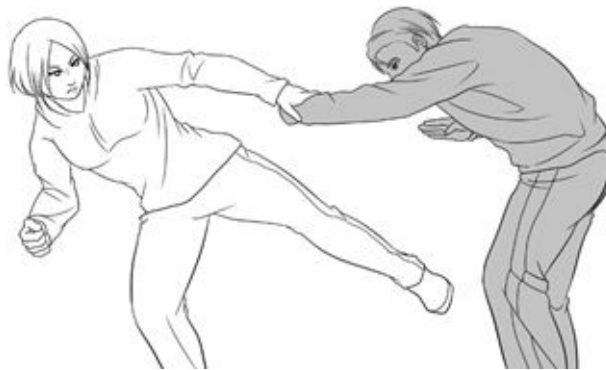
## Punch Roll Side Kick

This is how to incorporate the side kick with the punch roll. If you are close the side kick will not work. You will be unbalanced. If this is the case, use the drop kick instead.

As you change your hands over during the punch roll grab your opponent. Turn and side kick.



Don't lean back. Body upright.



### Exercise 67 – Punch Roll Side Kick

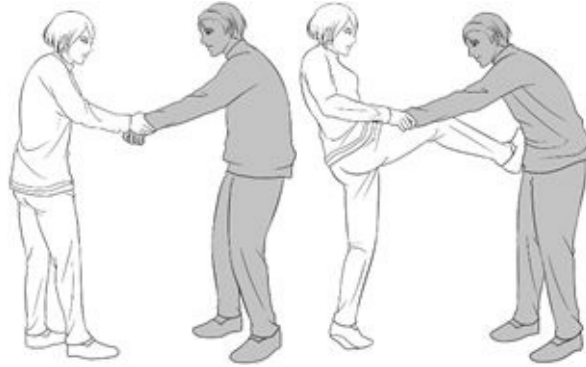
Practice the punch roll with the side kick. When comfortable, move around as you do it.

## Punch Roll Front Kick

A front kick can go higher than a drop kick but there is a greater risk of becoming unbalanced.

As you chop to change during the punch roll grab both of your opponent's wrists. One in each hand.

Front kick to his/her mid-section. Be sure you are balanced and strong so you can't be pushed over. Pull your opponent into your strike.



### Exercise 68 – Punch Roll Front Kick

Practice the punch roll with the front kick. When comfortable, move around as you do it.

### Exercise 69 – Punch Roll All Kicks

Put the three previous exercises together. You must use the right kick at the right time in the right place.

This is extremely good for improving your skills in distance and using the centerline principle. If your leg is not in-line you will miss and if your distance is incorrect you will be off-balance.

Practicing this exercise regularly will allow your hands and feet to synchronize and your body will know what to do instinctively.

You do not have to grab both his/her wrists to do the front kick. Just do what works.

Add these kicks while you are practicing the three drills (exercise 62).

## Lesson 36 – Leg Grab

This lesson shows how you can grab hold of your opponent's leg if he/she tries to kick you above the waist.

As the kick comes in move back and defend against it with pak sau. You need to move back to absorb the power and you need to defend before grabbing otherwise you will just be getting kicked in the ribs.



As soon as you pak sau grab him. Hook your elbow around his/her leg so it is held in tight. The hand you used for the pak sau quickly returns to protect your centerline in case your opponent punches.



### **Exercise 70 – Leg Grab**

Practice the leg grab.

## Leg Grab Follow-Ups

Once you have the leg a simple twist may be enough to put your opponent off balance.



### Exercise 71 – Leg Grab Twist

Do the leg grab and then try to unbalance your opponent with a twist.

Alternatively, you can drop an elbow onto your opponent's knee. Move your head with your elbow so your head is not exposed.



Keep your hand in place in case you need to defend.



### Exercise 72 – Leg Grab Elbow

Do the leg grab with the elbow. Use the twist also.

## **Lesson 37 – Kick Counters**

This lesson shows the three kicks used as counter-attacks.



## Stomp Kick Counter

Your opponent attacks with a straight punch. Use pak sau as defense then stomp kick his/her shin/knee.



This kick counter happens very quickly after the pak sau, almost simultaneous.

It works because unless your opponent has a tremendous reach advantage your kick will land first.



When you hit your opponent in the leg first his/her punch will be stalled. The punch will be weakened and some damage will have been done to the leg. It will now be easier to take control as opposed to rushing in at the start when your chances of getting hit are much higher.

### Exercise 73 – Stomp Kick Counter

Have your partner throw some straight punches at you. Move around and defend against them. When ready, stomp kick.

## Side Kick Counter

Your opponent attacks with a straight punch. Use tan sau for defense then side kick. You need to change the angle of your body to use the side kick.



If you are to the outside of your opponent's guard then using pak sau to defend may be more convenient.



### Exercise 74 – Side Kick Counter

Have your partner throw some straight punches at you. Move around and defend against them. When ready, side kick.

## Front Kick Counter

Defend against the straight punch then front kick to his/her solar plexus.



Here it is from another angle. Notice that it may not be a straight front kick. It depends on the position of you in relation to your opponent.



### Exercise 75 – Front Kick Counter

Have your partner throw some straight punches at you. Move around and defend against them. When ready, front kick.

If you know the one-two combination is coming you can anticipate the second strike and use a front kick.

### Exercise 76 – One-Two Kick Counter

Have your partner throw one-two combinations at you. When the first punch comes in use a stomp kick counter.

Use the same leg you did the stomp kick with to do a front kick as your partner throws the second punch.

### Exercise 77 – Random Kick Counters

Practice using the three kick counters in random order. The one you use depends on where you are in relation to your partner. If straight on, stomp kick. If on the side, use the side kick. If you want, use the front kick. If necessary, counter the one-two.

## Lesson 38 – Chop Drill

This chop drill is another Wing Chun training drill used to enhance touch sensitivity, muscle memory, grabbing, distance, body awareness, centerline etc.

Your partner begins by chopping down at you. You chop to stop it.



Your other hand comes underneath your opponent's arm to divert it and then your original hand comes over to pin his/her arm down at the elbow.



As you pin this arm down use your other hand to chop down at him/her. Your partner defends in the same way you did and the drill continues.



Pinning at the elbow is very important. In reality if you do not control your opponent's elbow then he/she will be able to break through and hit you.



### **Exercise 78 – Chop Drill**

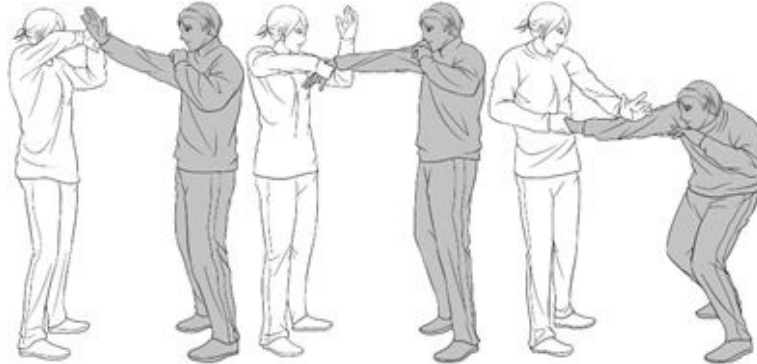
Practice the chop drill on both sides.

To change sides use the same chop method as in the punch roll or the elbow drill. You can use the rhythm of chop, grab and kick to change sides.

## Chop Drill Arm Lock

The following demonstrates how an arm lock can be applied during the chop drill.

Defend against the initial chop and bring your hand underneath as normal but this time keep hold of his/her arm. Twist it down and force your other hand onto your opponent's elbow.



### Exercise 79 – Chop Drill Arm Lock

Practice the arm lock application of the chop drill.

## Chop Drill Knee

This demonstrates how a knee can be used during the chop drill.

When you do the chop to change bring your other hand underneath his/hers and then grab your opponent's arm. Make sure you control his/her elbow.



Throw a quick knee into his/her thigh or mid-section.



### Exercise 80 – Chop Drill Knee

Practice the chop drill and apply a knee.

### Exercise 81 - Chop Drill Random

Practice the chop drill and every now and again use a random attack.

## **Lesson 39 – Grab and Attack**

This lesson focuses on deflecting a strike and grabbing your opponents striking arm in one motion whilst simultaneously attacking. You have to have good reflexes to do this. It is where all the drills pay off.



## Grab Punch

This lesson teaches the basic grabbing and punch movement as well as the importance of maintaining distance.

As your opponent throws a straight punch deflect it on the outside of your arm and grab him/her by the lower arm. This is the same type of grab as in exercise 40 (three kicks application) but now you will go faster. As soon as you grab the arm step forward and pull your opponent into your attack.



Your attacking arm must be firm on his/her upper arm otherwise he/she can elbow you.



It is best to be cautious about your distance. If you are far away you can always pull your opponent in, but if you are too close he/she can hurt you.



Move with your opponent to maintain correct distance. If your opponent forces you back, step back. If he/she steps back, step forward.

### Exercise 82 – Grab Punch

Practice the grab punch as a fluid movement.

## Grab Rib Punch

This shows the grab punch at a different target area, the ribs. It takes advantage of your opponent's forward movement.

As your opponent punches grab the arm and move in to punch his/her ribs. The punch lands as your opponent moves in.



Alternate sides as you do it.



Ensure you hold your opponent's hand up to protect your head. Be aware that he/she may drag it down. You want your opponent's body in line but his/her hand out of the way.



Be wary of your distance. If you are too far you cannot hit him/her and if too close your opponent will be able to bend his/her arm and elbow you.



### **Exercise 83 – Grab Rib Punch**

Practice the grab rib punch in a fluid motion.

## Grab Stomp Kick

This demonstrates the grab with the stomp kick and revisits the importance of balance.

As the punch comes in grab and kick your opponent in the knee (go for the shin in training). It is important that you grab your opponent and are in control before you kick otherwise it will be easy for him/her to upset your balance.

Pull your opponent's arm and push out your kick at the same time. If your leg is not strong enough your opponent can push you over. This is where the half squats pay off.



Step back and do the same thing on the other side.



### Exercise 84 – Grab Stomp Kick

Practice the grab stomp kick exercise on both sides.

## Grab Side Kick

This shows grabbing with the side kick and revisits the importance of distance.

As the punch comes in use pak sau and then grab his/her arm. Side kick to the knee or just above it.



Step back and do the same on the other side.



Your distance should be so that your opponent's arm cannot reach you. Even if you do not use your hands you should be okay.



Have a slight forward lean. If you lean back your opponent can push you over. Also, if you are leaning forward then even if your opponent steps back you maintain distance for attack.

Never make your leg completely straight. If your leg is completely straight and your opponent moves back even just a little you will miss.

If you aim for your leg to still be a little bent on landing then if your opponent steps back you can still get him/her. If your opponent doesn't step back then your strike will do more damage.

## **Exercise 85 – Grab Side Kick**

Practice the grab side kick on both sides.

When moving naturally you have to be fast. Grab and attack straight away otherwise your opponent won't be there.

## Double Side Kick

This shows how to repeat the side kick. It is important to understand where the two of your bodies are and where to place your leg.

As the punch comes in grab the arm and side kick your opponent to his/her mid-section.



Bring your foot back down to the ground and then kick him/her again.



### Exercise 86 – Double Side Kick

Practice the double side kick.

The kicks do not need to go to the mid-section or even to the same target, e.g., you could kick low to your opponent's knee first and then higher into his/her mid-section.

## Grab and Elbow

This lesson demonstrates using the elbow with the grab. Elbows can do a lot of damage but you need to be inside your opponent's guard and up close which results in a greater risk of you being hit.

Deflect your opponent's punch and grab his/her arm. Bring your elbow up so it is parallel to the ground.



Step forward and drive your elbow into your opponent's chest or head. It is best to keep the strike around the same height as your shoulder, i.e., if your opponent is too tall don't aim for his/her head.

The movement is fluid and fast.



### Exercise 87 – Grab and Elbow

Practice the grab and elbow.

As a variation, when you bring your elbow up angle it so your elbow is higher than your hand.



Crash down onto your target. Do not lean forward. Step in so your whole body creates the power while you stay balanced and in control.





**Exercise 88 – Grab and Elbow Variation**

Practice this variation of the grab and elbow.

## Grab and Knee

This shows how to use the grab with the knee. Like elbows, knees can do a lot of damage but you need to be inside your opponent's guard and close resulting in a greater risk of you being hit.

As your opponent strikes deflect and grab his/her arm on the elbow with both hands. You must control the elbow or you are at risk of getting hit in the face.

Put a knee into his/her thigh, groin (not in training) or higher if you want.



Do not use a big movement. Make it small and sharp.

### **Exercise 89 – Grab and Knee**

Practice the grab and knee.

### **Exercise 90 – Grab and Counter**

Have your partner throw straight attacks as you. Grab and counter in any way you wish.

## **Lesson 40 – Double Grabs**

This lesson builds on grab techniques with double grabs. Repetitive training in things such as the three drills make your reflexes and muscle memory very fast. These double grab exercises demonstrate how the training pays off in more realistic fighting scenarios.

In reality you won't know what your opponent will do or how he/she will react to your movements, but it won't matter. The training conditions your body to react. No matter what your opponent does you will be able to defend and attack with Wing Chun techniques.

## Basic Double Grab

As your opponent punches deflect it with tan sau. Your other hand then comes over to pin his/her arm down.



As you pin the arm, punch. Your opponent defends with tan sau or by chopping your arm.



Grab this arm and punch him/her in the solar plexus.



### Exercise 91 – Basic Double Grab

Practice the basic double grab on both sides of your body.

## Bong Sau Double Grab

This combines bong sau with the double grab.

As the punch comes in deflect it with bong sau. Bring your other hand up to grab his/her wrist.



Your bong sau hand comes up to strike your opponent in the face. Lock your arm to his/hers so you cannot be pushed. Your opponent uses his/her other hand to defend against your strike.



Grab this hand and turn your opponent to expose his/her side. Punch him/her straight in the ribs. Do not retract your arm before punching. Shift your weight and punch with your whole body as you did in the grab rib punch exercise.



### Exercise 92 – Bong Sau Double Grab

Practice the bong sau double grab.

## Advanced Double Grab

This is another double grab exercise.

As your opponent punches defend with tan sau.

He/she throws a second punch. Very quickly your free hand comes over to pin his/her original punching hand whilst your other hand defends against this new punch.



Grab this new hand and use your other hand to punch as you pull him/her in.



Your punching hand then comes over to grab your opponent's arm. Turn your opponent to expose his/her side and attack the ribs.



### Exercise 93 – Advanced Double Grab

Practice the advanced double grab.

## Advanced Double Grab 2

This exercise is yet another double grab but it focuses more on the use of very fast movements to distract and confuse your opponent which creates openings for attack. Your opponent strikes and you defend with pak sau.



Your other hand comes over to pin down this punching hand. The hand you used to do pak sau strikes at your opponent. As expected, your opponent defends.



Your non-striking hand comes underneath your opponent's and grabs his/her defending hand. Pull your opponent's arm over so it blocks his/her other arm from defending.

As you pull your opponent's arm strike at his/her face.



### Exercise 94 – Advanced Double Grab 2

Practice the advanced double grab 2.

## Double Grab Chop

This double grab exercise makes use of the chop.

As your opponent punches use tan sau to defend. Your other hand comes over to pin his/her arm down.



As you pin the arm down you punch and your opponent defends with pak sau.



Your other hand comes over to pin his/her arm. Instantaneously the hands swap positions and you chop to your opponent's throat.



### Exercise 95 – Double Grab Chop

Practice the double grab chop.



## Lesson 41 - Tackle Defense

This lesson shows how you can defend against someone trying to tackle you. Wing Chun is primarily a non-ground fighting martial art. To learn more about ground fighting check out **Ground Fighting Techniques to Destroy Your Enemy by Sam Fury**.

Available at [SurviveTravel.com/Ground-Fighting](http://SurviveTravel.com/Ground-Fighting).

Your opponent moves in to tackle you. Widen your legs and drop your center of gravity to ensure a stable base, otherwise you will end up on the floor. You have to do this as soon as your opponent comes in.



Put your weight on top of your opponent to force him/her down. This will make it hard to push you back. If you want you can put your elbow into his/her back as you drop down (not in training).



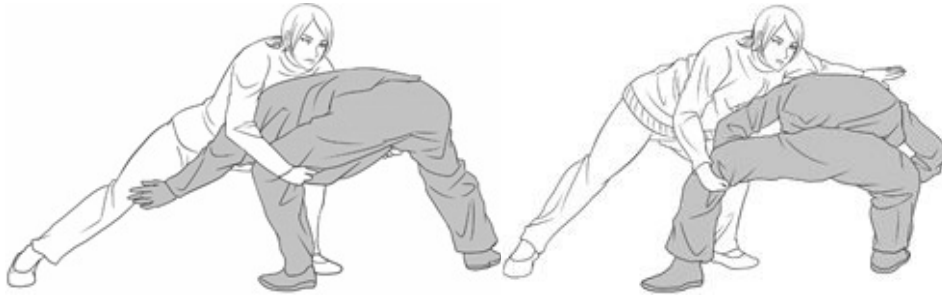
Your arm goes around your opponent's neck. This picture is from the opposite side so you can see. Hold his/her neck tight.



Strike your opponent, e.g., punch the ribs, punch the leg and/or put your elbow into his/her arm.



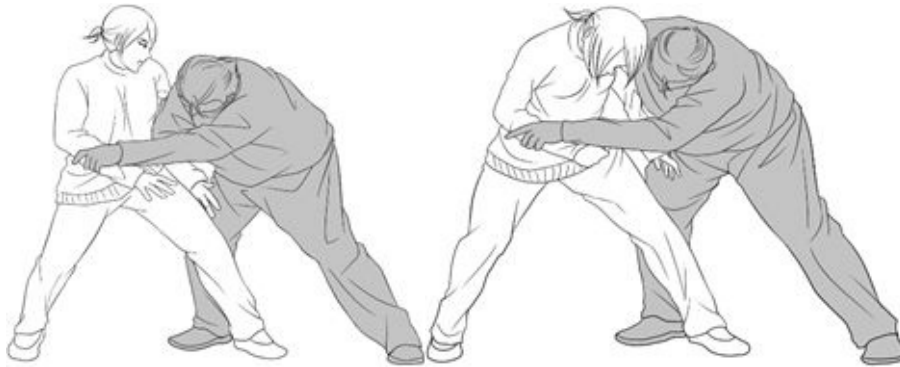
Grab your opponent's leg at the knee and push to force him/her over.



### **Exercise 96 – Tackle Defense**

Practice this defense against the tackle.

If your opponent grabs you so your arms are pinned you can force your forehead into the side of his/her face. Do not hit your forehead onto the top of your opponent's head or you will get hurt also.



## Lesson 42 – Sparring

To spar is to fight against one or more partners for training purposes. Conditional variations are limited only to your imagination, e.g., hands only, feet only, eyes closed, anything goes.

Start slowly. As skills improve speed can be increased. As fitness builds timed rounds can be increased.

Only go as hard/fast as the least experienced fighter can safely go. This may be dictated by the more experienced fighter if he/she feels that his/her sparring partner is going harder/faster than he/she can safely control.

**Note:** Your power level is totally separate from your aggressiveness level. You can still be at 100% aggressiveness whilst only using 20% power.

Protective equipment is highly recommended.

### **Tapping Out**

Tapping out is something you can do when you submit/give up, e.g., when a lock starts to hurt. Tap your training partner at least twice so that he/she feels it. Your partner must disengage immediately. If you cannot reach your opponent then tap the floor. A verbal tap out can also be used, e.g., “stop”.

### **Exercise 97 – Sparring**

Include timed sparring rounds into your training.

## [Training Schedule](#)

Included in this book is free access to a 132 session training schedule. Get it from [SurviveTravel.com/Wing-Chun-Training-Schedule](#). It goes through each of the exercises in this book and repeats them in a progressive manner.

By session 89 you will have done every exercise at least once. Sessions 89 to 132 take you through the more important exercises a few more times and allows for plenty of free sparring time.

If you would like to continue to use this training schedule beyond session 132 then just repeat sessions 89 to 132. This repetition can be done as many times as you wish giving you a never-ending training schedule.

Some sessions are similar, but no two are exactly the same (except beyond session 132 if you choose to repeat them).

There are ten exercises per session. How long you spend on each exercise is up to you but to make things easy, two minutes per exercise is a good starting point. This is equal to twenty minutes of training but allowing thirty is recommended. This gives you time to warm up, stretch, switch between exercises etc.

If you wish to train for longer or shorter just adjust things as you see fit. Some ways to extend/decrease training sessions are:

- Ø Increasing/decreasing the time on each exercise.
- Ø Including physical fitness training.
- Ø Doing more than one session per training session/doing half a session.

On days in which you do not do Wing Chun training it is highly recommended to work on increasing your physical fitness. **Survival Fitness by Sam Fury** is a great source of information for physical fitness training.

Available at [SurviveTravel.com/Survival-Fitness](#).

The training schedule is available for download as a printable PDF file from [SurviveTravel.com/Wing-Chun-Training-Schedule](#).

# **Bonus Materials**

**Thank You for Reading**

**BASIC WING CHUN**

**WING CHUN KUNG FU TRAINING FOR STREET FIGHTING AND SELF  
DEFENSE**

Please visit [SurviveTravel.com/Fight-Training-Series](http://SurviveTravel.com/Fight-Training-Series) for a bibliography of resources used in writing this book.

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