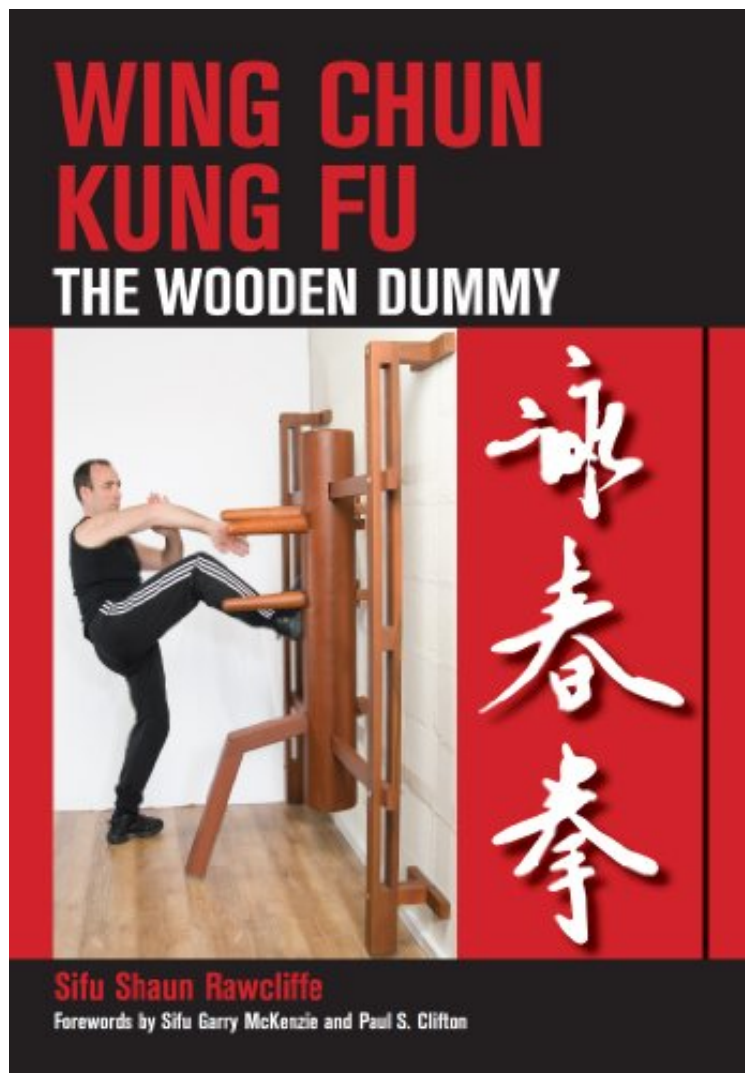


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## Wing Chun Kung Fu: The Wooden Dummy

Von Shaun Rawcliffe

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**Von Shaun Rawcliffe : Wing Chun Kung Fu: The Wooden Dummy** before purchasing it in order to gage whether or not it would be worth my time, and all praised Wing Chun Kung Fu: The Wooden Dummy:

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Kurzbeschreibung Wing Chun Kung Fu has a long history but it has only been taught openly since the 1950s when Grandmaster Yip Man revealed the secrets of the art and began to teach large numbers of students in Hong Kong. Characterized by economical movements, simple and direct short-range simultaneous attack and defence hand techniques, as well as powerful low kicks, Wing Chun Kung Fu is now one of the most popular of the Chinese martial arts. One of the advanced training tools of the Wing Chun system is the Muk Yan Jong, more commonly known as the Wooden Dummy. Shaun Rawcliffe provides a comprehensive consideration of the Wooden Dummy techniques and uses practical applications as examples of how they may be used. Covers the full 116-movement Wooden Dummy form as taught by Grandmaster Yip Man to his eldest son, Ip Chun, who then taught the author. Provides detailed explanations of the shape, structure and movements of the Dummy form, plus an example of each of the applications. Presents in-depth explanations of the principles and concepts behind the Wooden Dummy form and the supporting drills. Examines the scientific and anatomical explanations of the basic principles underlying Wooden Dummy training. A fascinating and invaluable book which comprehensively covers one of the advanced training tools of the Wing Chun system, Muk Yan Jong or the Wooden Dummy. Aimed at all those who practice Wing Chun Kung Fu, especially those who wish to learn more advanced techniques, together with martial artists in general. Well illustrated with over 400 colour photographs and useful drawings. Sifu Shaun Rawcliffe is one of the highest qualified and certified Wing Chun instructors in the world.

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