



116 Ipman Wooden Dummy Techniques

Shaun Rawcliffe



116 Ipman Wooden Dummy Techniques:

Wing Chun Kung Fu Shaun Rawcliffe, 2012-12-21 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. *Black Belt*, 1985-09 The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world, including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts oriented books and videos, including many about the works of Bruce Lee, the best known martial arts figure in the world. **Black Belt**, 2000-06 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 martial arts figure in the world. **Major League Baseball Profiles, 1871-1900, Volume 1** David Nemec, 2011-09-01 The business of baseball and player transactions by David Ball et al. *British Books in Print*, 1971

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