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Season 2 Episode

17 How to punch
hard and fast |
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CHUN lacks

POWER?!! Wing

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Peter Consterdine
~~Wing Chun Power
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If you want to

maximize your
Wing Chun training,
hit harder, hit
faster and hit more
confidently then
the Power Punching
Blueprint shows
you how.

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2020-1-22 21:13. I

really enjoyed
reading this short
book. It was
informative and
included a few

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things that were fresh to me. There is some very practical training information that I found very useful. The author is very knowledgeable and a amazing writer.

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If you want to maximize your Wing Chun training, hit harder, hit faster and hit more confidently then the Power Punching Blueprint shows you how.

~~Wing Chun Power~~
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for Self Defence
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Founded by Mui Fa
Publishing in 2011,
Wing Chun

Illustrated is the
world's premier
magazine

dedicated to Wing
Chun, regardless of
lineage or style.

Wing Chun
Illustrated is a

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perfect bound, full-colour, glossy publication. Each 60-page issue is available as PRINT-ON-DEMAND and DOWNLOAD.

~~Jack Dempsey: The World's Greatest Puncher | Wing Chun ...~~

The Dragon Pole,
aka the long pole,

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exercises will give your Wing Chun a unique flair unobtainable with other training tools. For many lineages the pole is the main device used to dramatically increase punching power. It is with the pole exercises that you are real introduced to real

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~~7 Wing Chun
Training Tools to
Increase Your
Punching Power ...~~

When you punch
out from your
center, you can get
your whole body
and hips into the
punch. If you just
throw an arm
punch from the

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side of your body without using your center, you are missing a whole realm of power.

Understand these lines, angles, and principles and you will understand the root of Wing Chun kung fu.

~~Wing Chun Kung Fu
Centerline Theory~~

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Training Book 1) by
Alex Chuen 4.2 out
of 5 stars 40.

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Book 1
... How we use our
weight, position,
and timing is so
important if we
want to improve
punching power

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Chun Power
and awareness
when striking. In
Punching
terms of BJJ I hold a
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Black Belt and in
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Wrestling I coach
Wing Chun
good level
wrestlers, but I
Power Training
would be the first
Book 11
to say I am a good
coach but of course
in the world of
grappling I am very
...

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Academy

Hi, thanks for
watching our video
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approach to Wing
Chun and would
like to see more,
please join and
support my own
Sifu, Mr Derek
Fung, dir...

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(Part 1) - Why It
Lacks Power -~~

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THE POWER OF
WING CHUN |

Episode 7 Tristan

Fung shows you

how to use

stepping and

pivoting to develop

a powerful

knockout punch.

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The two key
components of ...

~~The Power of Wing
Chun | Knockout
Punching (Ep 7) —
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Wing Chun
practitioners punch
with the bottom
three knuckles.

These three
knuckles are most
firmly supported by

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the wrist and forearm, giving maximum protection against wrist damage. Put your arm straight out and make a fist. Look at your fist and the alignment of your lower three knuckles and arm.

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Remember wing chun players don't grab. M Mook Jong - Wooden Man form *108 original movements. O One Inch Palm - The ability to generate a large amount of power in a short space. One Inch Punch - The ability to generate large

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amounts of force in
a short distance. P

~~Wing Chun
Terminology~~

According to Wing
Chun Life there are
many benefits to
the Wing Chun

Chain Punch, such
as invisible speed,
interruptibility,
trapping, accuracy,
and power. When

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this strike is done correctly it is quick enough to look like a blur..

~~What is the Wing
Chun Punch? (+
How to Chain
Punch) - Wing ...~~

The wing chun dummy consists of a large diameter vertical pole or post having a

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number of
horizontally
extending limbs
which permits the
practitioner to train
in close quarter
blocking, trapping
and striking
techniques.

Punching bags can
take the form of
the speed bag for
hand-eye
coordination, the

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heavy bag for
power, etc.

~~Martial arts training
device – CORAM~~

~~STEPHEN~~

Kung Fu Tuesdays
Post #36 'The Wing
Chun Straight
Punch' (Part 3):

The straight punch
should be able to
be delivered at a
moment's notice

Where To Download Wing Chun at any range (again, do not start it from the waist) and should end with a snap. Wing Chun Power Training Book 1

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