

# WING CHUN

POETRY IN ACTION FOR BEGINNERS



Sifu Greg Yau

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# Academy Of Health & Self Defense



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## Introduction

Do you want to become great in Wing Chun Kung Fu?

There are no shortcuts to success. When you start learning Wing Chun, you must begin the right way. The correct path must be taken. Then you can become very good fast, within a year or less.

Your journey begins by learning what, when, why, where, and most importantly, how to train.

Learning philosophy is the first lesson. Philosophy explains the general principals of the Wing Chun system.

Wing Chun principles contain the rules or the secrets of Wing Chun.

The Wing Chun philosophy is written in poetry.

The first and most important aspect of physical training is building your foundation. This is accomplished by training the "Yi Zhi Keem Yueng Ma" or Mother Stance.

The Yi Zhi Keem Yueng Ma sets the base foundation for the entire Wing Chun system.

Without a strong base, the student will never generate the power for the Wing Chun "one-inch power".

The second step is learning the first form, Siu Nim Tao. Siu Nim Tao trains the mind on how to focus and concentrate. The basic hands and combinations are also taught.

Chum Kiu is the second form of learning weight shifting, footwork and kicking. It also teaches how to use the elbows for mid-range fighting.

The third form, Bui Zhi, contains emergency fighting techniques.

After learning the Chum Kiu set, the Wooden Man set is taught. Practicing with the Wooden Man will develop proper angles, timing, positioning, spacing, and conditioning the forearms.

If you do not have someone to workout with, the Wooden Man, is your perfect partner.

Wing Chun uses two weapons for training, the long pole, and butterfly swords.

Follow our system of training step by step, and I will promise you will get really really good within a year or less.

Sifu Greg Yau belongs to the Ip Man lineage. However, this set of poetry applies to all Wing Chun lineages.

## The Journey Begins

Welcome to our family.

My Wing Chun journey began in 1972. I was training with several school friends in the Kenpo Karate system. When my Uncle, Sifu Chris Chan found out he pulled me out of the Kenpo school.

He told me that he kicked those instructors' asses - that I begin training with him instead.

Sifu Chris learned Wing Chun in Hong Kong in the Ip Man Wing Chun system for five years (at ages 13 to 18 years old). He immigrated to San Francisco for college in 1959.

He began to teach Wing Chun at this time, becoming the first to teach Wing Chun in America.

Sifu Chris told me that I will learn a knockout punch in one year by learning the "one-inch power".

After one year, Sifu Chris told me I was ready to teach. Find a trusted student and charge him a little money. He is going to teach me how to be a professional street fighter using his system to learn cold, calculated murder.

After four years of teaching, Sifu Greg's other uncle, Sifu Stanley Chan moved to San Francisco.

Sifu Stanley was a private lesson student of Grandmaster Ip Man for 10 years. He was in Grandmaster Ip Man's last class.

Sifu Stanley took me under his wings and taught advanced techniques he learned from Grandmaster Ip Man.

Both my uncles taught Wing Chun without proper angles, speed, and power will be useless.

Inherit in the Wing Chun system are the classic Muscle Tendon Change, Chi Gung, and meditation.

I learned that Grandmaster Ip Man would teach every student the basics of Wing Chun and it was up to the student to discover internal power on their own.

Wing Chun is a smart man, Kung Fu. It is so complicated yet so simple once you understand how to apply Wing Chun in your mind and body.

You must learn how to use your emotions and spirit with the Wing Chun system.

The way to learn the Wing Chun is written in poetry.

The original poetry was written in Chinese and was hard to understand when translated to English.

Sifu Greg has rewritten the Wing Chun poetry so that it makes sense to the western mind.

Sifu Greg rewrote the poetry to help his students learn the Wing Chun system the correct way, to save time and frustration.

Then the Wing Chun can be carried on for generations to come.

## Traditional Rules Of Conduct

Martial artists must conduct themselves ethically.

To be united and avoid conflict is to respect your fellow students.

Use your martial skills for the good of humanity.

Train diligently to maintain your skills.

Learn to develop spirituality to abstain from fights and arguments.

To preserve the proper spirit, limit your bodily pleasures, and desires.

Participate in society, be gentle and conservative in your manners.

Practice courtesy and righteousness to serve the community.

Respect your elders, help the weak, and the very young.

To preserve this martial art, pass on the tradition, and the rules of conduct.

## Wing Chun Training Proverbs

Although the forms of Wing Chun are few, to learn them is easy, but to master them requires determination.

Learning the basics will allow for later variations, the stance must be well trained for short arm bridges and fast steps.

Siu Nim Tao mainly develops internal power.

The Lan Sao of Chum Kiu is a powerful technique.

The Wooden Man techniques develop the ability to exert power.

The Bui Zhi form contains life-saving emergency techniques.

The six and a half point pole does not make two sounds.

The eight slash butterfly sword techniques have no match.

Sticky legs practice is inseparable from the single-leg stance.

Footwork follows the turning of the body like a cat.

The correct posture complements the hands to eject the opponent.

Fancy techniques should not be used in sticky hands practice.

Eyes beaming with courage can control the situation.

Fast charging and thrusting attacks are well suited for closing the gap.

Do not use unknown techniques during practice and training.

Those who master the system are very few.

## Wing Chun Yi Zhi Keem Yueng Ma

The Yi Zhi Keem Yuen Ma is the "Mother Stance". To develop a good foundation for advanced techniques, bring in the tail bone, push out the upper back, and fill up the chest.

To improve blood and chi circulation into all parts of the body, fill the lower abdomen with deep breathing.

Next form a pyramid, with your weight centered in the lower abdomen, with your toes pointed inward.

Sink the waist, shoulders, and elbows with the neck and head held straight. Be alert!

The fists are firmly pressed against the ribs.

The eyes see all the directions and look straight ahead.

The mood is bright and the mind is clear.

Then you will be in the state of fearlessness when facing any opponent.

## Wing Chun Philosophy

The Ying & Yang principle must be thoroughly understood.

Thoroughly understand the principles of Wing Chun.

Wing Chun Theory is limitless in its applications.

Humbly request guidance from your instructor.

A strong posture supports the hands to make proper use of the centerline.

Coordinate the motion of the feet and hands with fluid and continuous movements.

Gentle and relaxed energy puts the opponent in jeopardy.

Upon achieving the highest level of proficiency, the application of techniques will vary according to the opponent.

## Yi Zhi Keem Yueng Ma - Ip Man Lineage



Have confidence and remain cool to dominate the situation.

The eyes and the mind work together to guard against the point of attack.

Make the first move to gain control, and attack with proper timing.

Be aware of leverage attacks, sneak attacks, and invisible center breaking attacks.

Precise use of timing is a skill gain through practice.

Face the opponent directly as you move in and execute three moves together.

Strike at any posture that is present.

If no posture is presented strike where you see motion.

Occupy the inner gate to strike deep into the opponent's defense.

Retain what is coming in, send off what is retreating, and rush in upon the loss of hand contact.

Attack the posture with bird-like rapidity.

Chase the opponent's position with cat-like quickness.

Even when you do not advance, do not relent.

Once the opponent moves in; he loses his center of gravity.

To win in an instant is a superior achievement.

Being firm and confident in trapping and striking reduces risk and allows:

***"One Hundred Successes In One Hundred Attempts"***

## Wing Chun - Siu Nim Tao

Siu Nim Tao comes first.

Do not keep any bad habits.

A weak body must start with strength improvement.

For good balance and power, grip the ground with the toes pointed in Yi Zhi Keem Yueng Ma.

One hundred and eight motions, all practical and real.

Thousands of variations, aiming for practicality, not beauty.

Internally developing health, externally training muscles, tendons, and muscles.

Train your body by activating your mind.

The ability to breathe properly will enable the proper release of power.

Timing must be observed.

## Siu Nim Tao - Ip Man Lineage



Sink the elbows, drop the shoulders, and guard the center to protect both flanks.

Tan Sao, Huen Sao, Fook Sao, and Bong Sao, each movement must be crisp and clear.  
Their wonder grows with efficient and proper practice.

Practice diligently each day.  
More will do no harm.

## Wing Chun - Chum Kiu

Chum Kiu trains to connect the waist and legs.  
The arm bridges are short and the steps are narrow.  
The eyes are trained to be sharpened.

The breath flows in perpetual motion.  
Shifting the stance with a twisting motion allows superior generation of power.  
Loosen the muscles and relax the mind.

Running hand is used to turn the situation around.  
Learn to remain calm in the midst of motion when the opponents arm bridge enters.  
Use your own arm bridge from above, without stopping, counter the opponents's arm bridge as it enters.

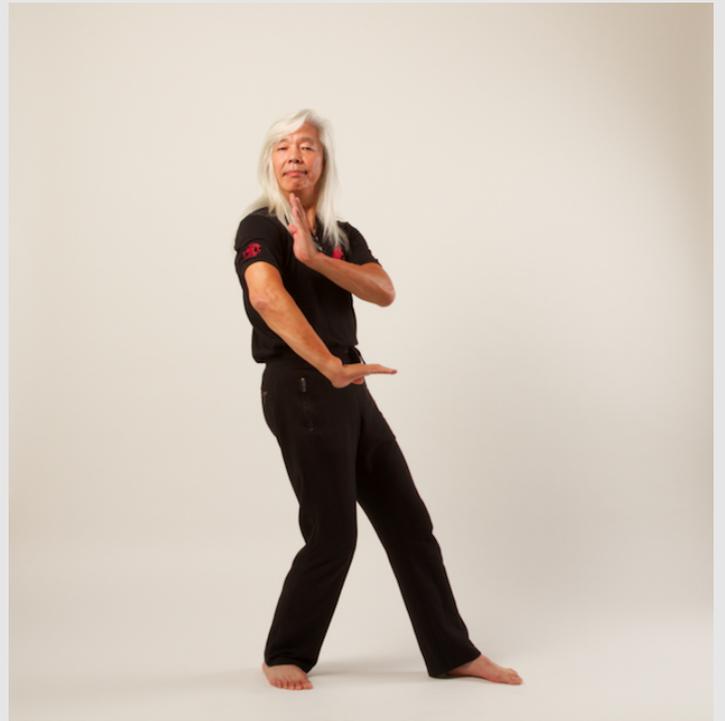
Lap sao puts the opponent in jeopardy.  
Create a bridge if there is none present.  
If there is a bridge, counter it by parrying.

The arm bridge tracks the opponent's body movements.  
Use frontal assault if the opponet is weak.  
Against a strong opponent, do not collide.

When the hands are weak, utilized body positioning to save the situation.  
When short power is utiized to jam the opponent's bridge from entering.  
Trap the opponent's by jamming his bridge.

Any delay will not be allowed, quickly a fight must end.  
Where is the opponent's bridge to be found?  
Chum Kiu leads the way.

## Chum Kiu - Ip Man Lineage



## The Seventeen Must Of Wing Chun

The principles of Yin & Yang must be comprehended.

Your posture must be protected.

The movements must be agile.

Trapping hands must be continuous.

The spirit must remain calm.

Timing must be accurate.

The waist and legs must be united.

The hands and feet must be coordinated.

The fist must be fast.

Internal strength must be sunken.

Eye power and focus must be sharp.

Strength and breathing must be steady.

Some of your strength must be kept in reserve.

The fighting demeanor must be commanding.

You must be ferocious when clashing.

Power must be used to release strength.

*"Quickly, a fight must end".*

## The Wooden Man

There are one hundred and eight wooden techniques.

Proper practice brings proper use of power and energy.

Footwork varies while maintaining close proximity to the body of the wooden man.

While moving, the arm bridge sticks to the arms of the wooden man.

The movements go up, down, front, back, left and right, with continuity.

## Wooden Man



Everything  
Wing Chun  
Wooden Man

Everything  
Wing Chun  
Online Store

Everything  
Wing Chun  
University

Therefore it is hard to be defeated by an opponent who knows the proper use of the centerline.

Intention comes from the heart and shoots to the core of the dummy, but the improvement of power and strength cannot be accurately gauged.

When achieved, borrowing power is a commanding force.  
Then the power and strength can be released as intended.

## Wing Chun - Biu Zhi Form

The ideal in martial arts is humanities.  
The Biu Zhi art is not taught to outsiders.  
How many masters pass down the true system?

Students from the same master will differ in their techniques and skill.  
There is no difference in who started first.  
The one who achieves the accomplishment first is first.  
Learning the art without practicing the skills will never bring accomplishment.

The Biu Zhi art contains emergency techniques.  
Hand techniques must follow Yin & Yang principles.  
The difference between Yin & Yang, both real and feigned, must be clear.

Straight and circular go together.  
Straight and bent rely on one another.

Iron fingers can strike a vital point at once.  
The quick advancing elbow strike has over whelming power.  
A merciless attack is the Phoenix Eye Punch.

Fook Sao, Bong Sao, Tan Sao, Gan Sao, Pak Sao, and Huen Sao, every motion is air tight and is difficult to defense or nullify.

Strength is originated in the heels.  
Use strength to generate power.  
Power is generated by the from the bone joints.  
A punch comes from the heart.

Breathe into the lower abdomen, chi travels along the legs, waist, spine, and back.  
Use this to method exert strength.  
Direct the mind to store spirit in the body, not chi.  
Storing chi leads to sluggishness and loss of power.

Use the mind to store mental energy.  
Use mental energy to store power.  
Power can be stored bent with enough to spare.

Do not control or hold your breath.  
Breathing naturally will prevent injury to to the mind.  
Natural breathing will promote circulation of chi in the body.

The three poison hands of Wing Chun are Tan Sao, Fook Sao, and Bong Sao.  
In sticky hands practice, do not butt, follow, or force against the opponnets arms.  
Let the arms flow by loosening the wrists.

When doing Bong Sao, the forearm inclines, the fingers droop, and the wrist is in the centerline.  
Follow instantaneously with a whipping Tan Sao strike.  
A raised elbow weakens the struture, so when the elbow power is great, you shall fear no attack.

The waist links the stance to the body.  
A well trained waist can prevent the loss of power.  
Uniting the stance and waist enables power to be released.  
Strength must be exerted with hidden power.

The hands and feet are closely coordinated.  
The hands and feet work together to bridge the threat to an end.  
Invisible kicks, cotton belly, glass head, and iron bridge hands, forward and backward moving  
footwork changes flexibility.  
The knees guide the legs.

Where the eyes goes, the hands and feet follows.  
There is a counter action for every action.  
Using a circular motion, go with the opponnets force, turn the situation around and control him.

Extreme gentleness results in firm solid power.  
Being extremely gentle leads to agility.  
Storing energy resembles shooting a bow and arrow.  
Releasing power is like letting the arrow fly.

When the opponnet traps my arm bridge, I do not fight force with force.  
Breaking the centerline controls the opponnent's bridge.  
Take total advantage of any oppportunities that arise.  
Follow the opponnent's failing posture and take advantage of the situation.

Steady the body and relax your mind.  
Remain calm in the midst of action.  
Be aware of your structure and brute force.

When facing an opponent from the same style, know your own limit in the use of power.  
Letting all your power out will be ninety percent towards defeat.  
Always keep power in reserve.

**"In combat show no mercy."**

A ruthless technique, once commenced, is grasping the throat.  
At close range, apply springing power and long bridge techniques.  
The staff does not make two sounds, a kick must never miss.  
Kicks lose nine out of ten.

Against a strong arm bridge, do not collide.  
Pass by the opponent's arm bridge from above.  
Jam that bridge to trap him, or avoid it, and be the first to disappear and then attack.

Create a bridge when there is none presented by the opponent.  
When there is one, nullify it by following and parrying it.  
The chances of losing is reduced by controlling and striking an opponent.

Whenever the opponent penetrates the three lines of the arm bridge, alter the posture,  
turn the stance, and change the angle of facing.  
Strike at the appropriate time, do not strike at the wrong time.  
Do not be too eager to strike, do not be afraid to strike.  
Being afraid of getting hit, will eventually get you hit.

The feet are like wheels, and the hands are like arrows.  
When chasing an opponent, be aware of being lead.  
When pressing down on an opponent's elbow, be aware of being lead.  
When losing structure and balance in an emergency, the situation is different.

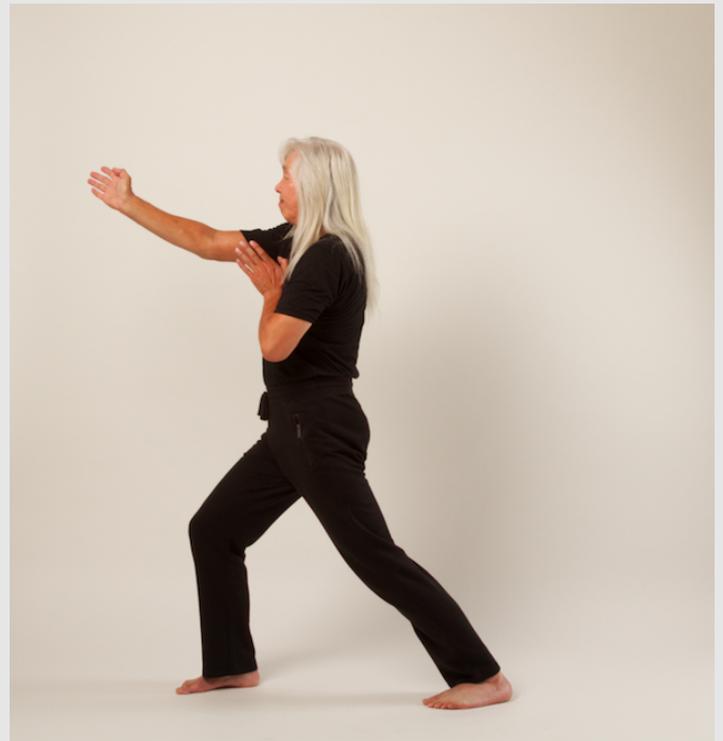
An attacking hand can also served as a parrying hand.  
To control and stick to an opponent's arm bridge while shifting hand position shows versatility.  
To be controlled and stuck by an opponent while attempting to shift your own hand position  
is unfavorable.

Relentless attack will gain you entry.  
Staying in defense too long will result in defeat.  
Touching your opponent's arm bridge improves the situation.  
Once your arm bridge has passed beyond your opponent's three joints of the arm, you  
can strike anywhere you wish.

To handle a desperate fighter is difficult, to advance to a relaxed fighter is easier.  
Others do not know the extent of your skills, but you know theirs inside out.  
Knowing yourself and knowing your opponent, will enable you to have:

**"One hundred victories, in one hundred battles".**

## Bui Zhi - Ip Man Lineage



## The Journey Continues

First in the mind, then in your body.

Read the poetry first before you train Yi Zhi Keem Yuen Ma, the three forms, wooden man, sticky hands, and the weapons.

Once you have memorize the poetry, then feel the words of the poetry in your body.

Do the physical training with a clear your mind, and awareness of your internal body.

Do you training with emotion, awareness of your body, and do not let your mind drift away on unnecessary thoughts.

Daily practice will bring skill when you least expect it.

Don't stop training, when you feel no progress, for it is the time when you are learning the most.

Believe in yourself and trust the Wing Chun system.

Dedicate your time and effort to practice everyday.

Follow the system and you will gain self-mastery.

## Acknowledgement

Grandmaster Chris Chan changed my life when he became my first Wing Chun instructor. He studied the Ip Man Wing Chun system. His Sihing was Wong Shen Leung. His workout partner was Bruce Lee. Grandmaster Chan was the first instructor to teach Wing Chun in San Francisco, the USA in 1959. He is still teaching in San Francisco for the past 61 years.

Grandmaster Stanley Chan taught me everything he knew about classical Wing Chun. Grandmaster Chan studied private lessons with Great Grandmaster Ip for ten years.

Dr. John Sheck Yee LAC, accepted me as his apprentice, teaching me Acupuncture, Dit Ta Herbal Medicine, and Chi Gung. He taught me it is imperative that I learn to heal compliment fighting.

The original Poetry In Action was written in Chinese. The English translation was given to me by a friend. It did not have the name of the translator. I would like to thank the translator of the poetry with much gratitude.

**Press To Watch**

Sacred Ground  
Documentary

**Take A Look**

Brain Wave  
Research Sifu Greg



The best and fastest way to get good fast is to take private lessons. I was very fortunate to have two uncles that taught me.

Sifu Chris Chan would tell me stories about Wing Chun during family gatherings. He would tell stories about Grandmaster Ip Man teaching him when he was a teenager.

Sifu Chris would show me his personal exercises to get strong fast.

One day Sifu Chris told me that Uncle Stanley took 10 years of private lessons with Grandmaster Ip Man. I should learn from him if I wanted to learn classical Wing Chun.

The next time Sifu Stanley came to visit, I asked him about his Wing Chun. He told me to attack him any way I want.

I charged at him and when I got close, Sifu easily tossed me across the room, and laughed.

Sifu Stanley told me to go over his house next week to begin training.

When I arrived at his house, Sifu asked me to demonstrate my Siu Nim Tao.

After finishing the form, Sifu said let's go upstairs and have some tea.

Sifu explained to me that Wing Chun is 70% orally taught. He went over the principles or the secrets in detail.

First he took out a pencil and paper to draw the secrets of Wing Chun.

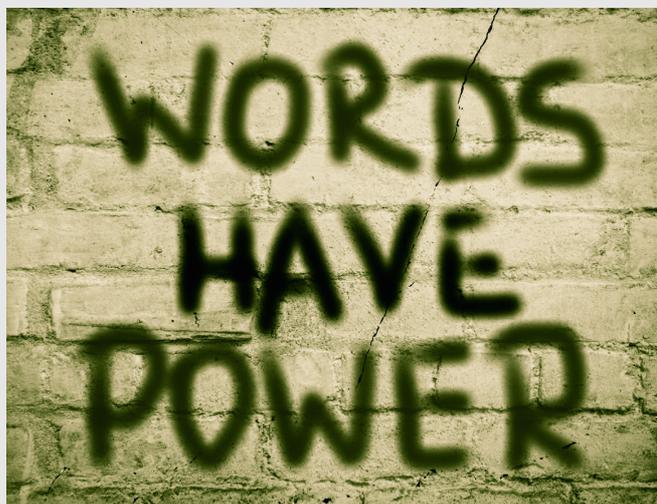
Then he showed me basic preliminary exercises to prepare train to get strong and speed.

Sifu Stanley was amazing when demonstrating the forms and the wooden man. He did not have a lot of patience. That was the main reason he did not start a school.

He did teach private lessons to a few of us who learned quickly. We had a lot of fun learning from Sifu.

Both my uncles demonstrated how Wing Chun can be the most powerful street fighting art with beauty.

After over 45 years, I am ready to take out our family art of Wing Chun to the world.



## Poetry In Action

The first step towards mastery is knowing the principles or the secrets of Wing Chun.

The next step will save you time. By taking private lessons you will save many years of frustration.

I have seen beginning students who were so enthusiastic in their first year of training. Then when the results of their training is not what they thought would achieve, they quit training.

## Private Lessons

The Academy of Health & Self Defense offers an online private lesson course on Wing Chun.

Imagine how much confidence you will have when you to get the amazing results from Wing Chun fast.

Precise instructions from over 45 years of practicing, researching, and teaching Wing Chun will be taught with nothing held back.

Take action now and register for private lessons for our online classes. The courses are innovative explaining every movement of the Siu Nim Tao, Chum Kiu, and Biu Zhi forms, plus more.

Our system is universal that can be applied to any martial art, sport, or for good health.

Let's do it!!!

## AOHSD



Academy Of Health & Self Defense

Testimonial  
Get Strong Fast

Testimonial  
Stress Reduction

AOHSD  
JOIN NOW

# Thank You !!!



Sifu Greg Yau