

# WING CHUN

## WING CHUN PUNCHING



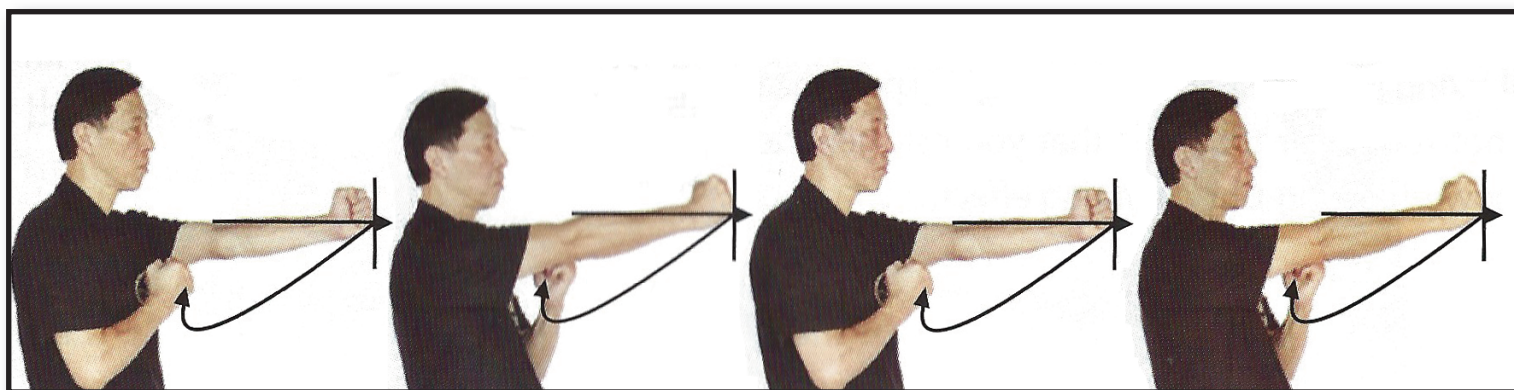
### The Wing Chun Punch

One of Wing Chun's main distinguishing points from other martial arts is its famous 'vertical fist'. With its special structure that uses a shorter distance and the stronger body mechanics, Wing Chun's vertical fist allows better power and effect. The shoulder structure makes the vertical fist easier, more natural, faster and more powerful. Using a vertical Wing Chun punch, the fighter can easily generate a

great amount of power from very short distances. The power of Wing Chun punch is hidden in the last few inches gained through relaxation. It is crucial that the arm remains loose when throwing a punch until the very last few inches before reaching the target. Like the arm, the fist also remains loose until just before the point of impact as this is the principle behind our arm muscles.

You can use the whole body in

order to create an even more powerful punch, using your stance through the hips by rotating them toward the target and pushing all the energy through the arm into the fist at the last moment as the punch gets closer to the target. When striking, you must aim through or slightly past the target (not too far or too close) so that you can generate the most powerful Wing Chun penetrating effect.



### Chain Punching

Being a very practical approach to punching, the Wing Chun chain punch is generated by holding the hands in the centerline as we create the punch by pushing the punches forward by the elbow. After the punch hits the target, the elbow will drop out of the punch as the next punch is launched along the same line simultaneously. As this next punch hits its target, the elbow will drop out of the punch and the next punch will follow in

the same manner. One should aim to reach about five punches a second to ensure an incessant attack on the opponent, while at the same time ensuring the punches are accurate. Therefore, when beginners try to execute chain punching, they should first develop power and technique not worrying about the speed.

The punch should always hit the target. The punch should not be allowed to drop before it hits the target as it will dramatically reduce

the power and the effect of the punch thrown. Additionally, the hand should be withdrawn back enough to the Wu Sau position, about a fist's distance from the fighter's chest, to get power for the next punch followed. It is also the position to cover the ribs that is previously exposed.

When used correctly, chain punching becomes like a machine gun as Bruce Lee called it: "the Straight Blast".