

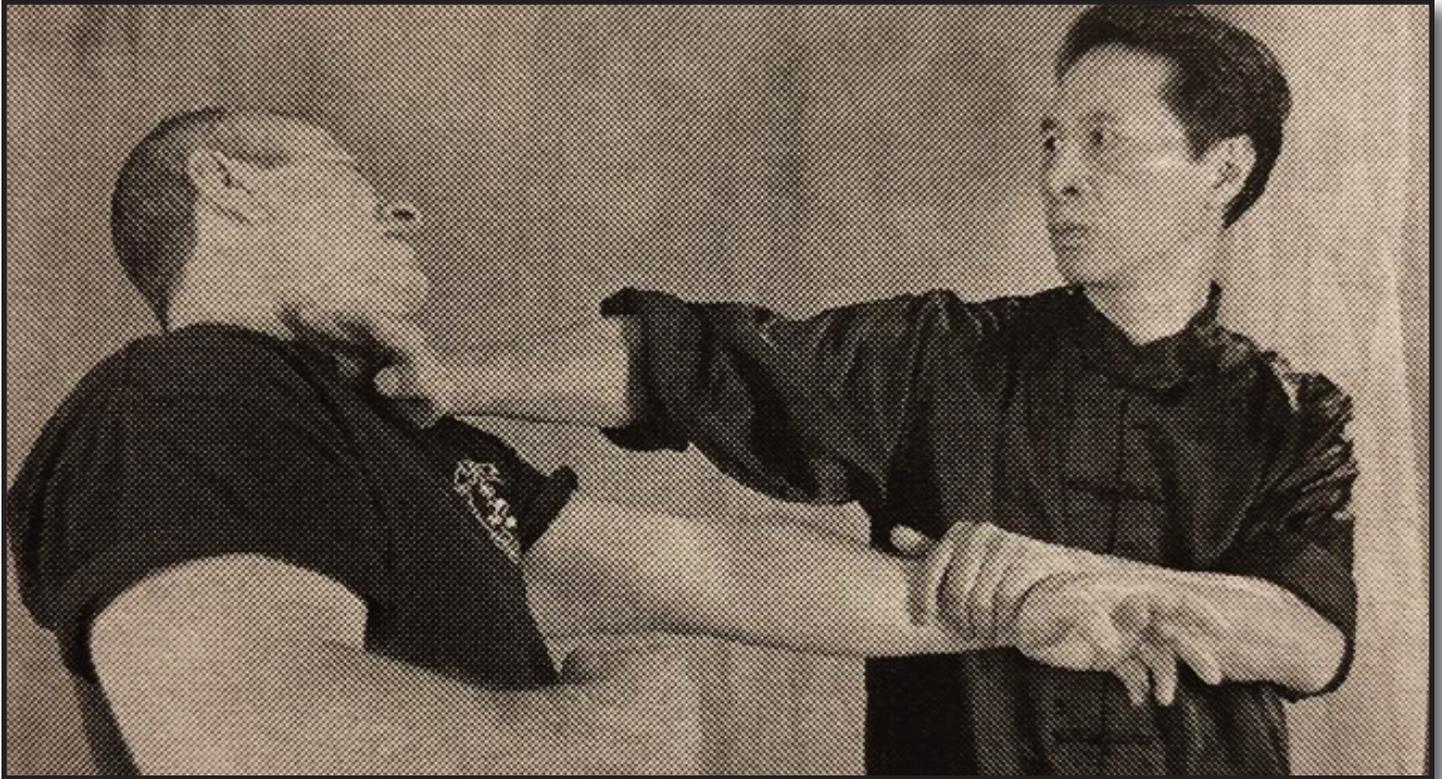
WING



CHUN

MASTERING

2 WAY ENERGY



Two way energy sounds like a complex term. However it is simply referring to the way a Wing Chun practitioner can use their opponent's force against them. A prime example of this is when the practitioner combines a Lop Sau with a strike. The Lop Sau can be a continuation of the force of the opponent's punch; when combined with a strike like a Fak Sau the other way, the result is a greater impact.

Another way of looking at this is to imagine an object like a car moving at 30 miles an hour. If it hits an object that is standing still it will do a certain amount of damage. However, if it hits another car moving in the opposite direction, the collision and damage will be dramatically increased.

The practitioner uses the stance as a pivot point, so if for example the left side of the body performs a Lop Sau, then the stance turns away from the opponent of the left side. The result of this is that the right side of the body moves forward. This forward motion can be used to add power to the strike. One of the benefits of this kind of two direction energy is that it enables the practitioner to deliver a strike that is much more powerful than would be delivered by just the strike alone.

When using two energy the practitioner must balance the motion so that it is one smooth movement without a stutter or stopping. This ensures that all the power is unified. A common mistake is to pull when performing the Lop Sau. This prevents two way energy as a pull places all the force in one direction. Instead, the Lop Sau should be powered by the turning in the stance. The practitioner should use the Yu Ma or waist energy. This is difficult to master however, once the practitioner develops the generation of power coming from their stance, they will be able to Lop Sau much bigger and stronger opponents with a coordinated strike which can be devastating.