

WING



CHUN

GATES,

DOORS & ZONES

The body is divided into a matrix of areas, in Wing Chun, to help us understand effective attacking and defending methods. When we look at the body facing us, the centerline divides the body into two equal halves: the outside shoulder lines form the outer boundary lines, and the area inside the outside shoulder lines is considered the “Indoor Area.” Likewise, the area outside the shoulder line is considered “Outdoor Area”.

Understanding these boundary lines enables us to apply attacks and defenses practically and properly. For instance, if the opponent punches straight, a defensive maneuver which applies a block from the “outer Area” will be much safer than the one from the “indoor Area”, as you will not be in immediate reach of the opponent’s other hand. Also, the “Outer Area” block has an excluding or jamming effect on the opponent’s non-punching hand.

In Wing Chun, the body is also divided into upper, middle and lower areas known as “Gates”. This helps define the proper tool to use in protection of the body against an attack, and it helps understand the properly directed attack. For example, Wing Chun generally keeps its kicking attacks at, or below the waist line, which forms the upper boundary line of the “Lower Gate”. In Wing Chun, it is believed that kicking above the “Lower Gate” will leave you off balance and vulnerable to attacks to your own “Lower Gate” during any kick above this target area on the opponent.

Even though higher kicks can also be powerful, they often leave you vulnerable. Therefore, Wing Chun keeps its kicks low.

Finally, the remaining portion of the matrix is called the “Zones”. This is the portion that teaches about the reach of our offensive weapons and defensive tools. The area of our reach is divided into three zones. Zone One is extreme outskirts of our reach. In attacks, we can see that in this zone the



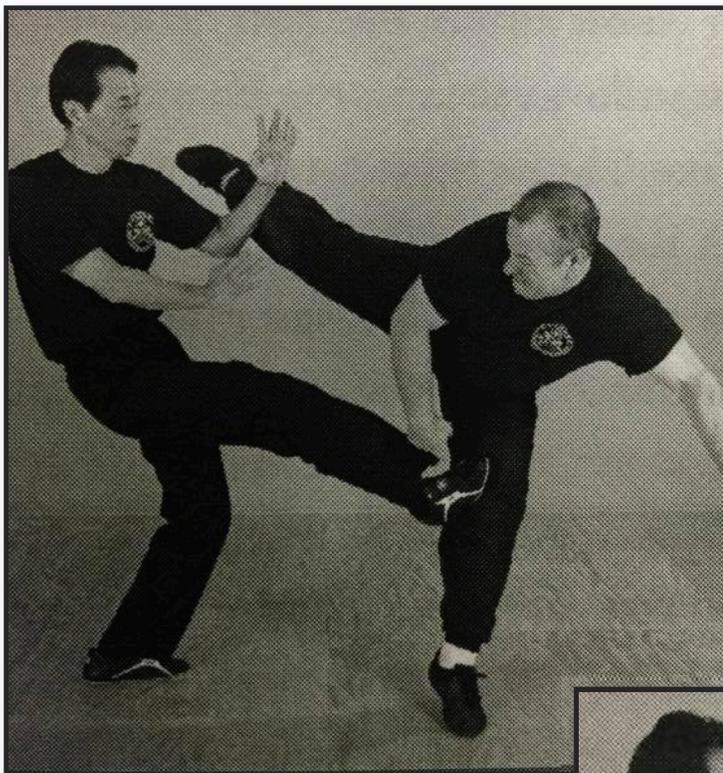
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opponent is outside the reach of all of our upper weapons. Therefore, Zone One is primarily one of "Kicking Range".

Zone Two is where the opponent will be vulnerable to your knee, punch, palm and Fak Sau, as well as the Zone One weapons.

Zone Three is for close range weapons use. Many of the attacks used in Zones One and Two are not very effective at this range as it is too close to use proper structure to generate power. In this zone, techniques such as elbow and shoulder strikes will be effectively used. The Wing Chun fighter will have a wide collection of different elbow strikes that can be used in a real fight. The power of Wing Chun

elbows can be destructive.

The zones are used to explain the effective tools for blocking in defense. In Zone One, the hands and legs are used to defend.

In Zone Two, the forearm is going to be the primary tool of defense through the use of Biu Sau, Bong Sau, Jum-Sau, Tan Sau, and a few other defensive techniques.

Zone Three is mainly one that traps the opponent's hands for defense. However, some techniques can be used defensively at extremely close range to block an opponent's attack or to free one self from a trap in this zone.

