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# The Wing Chun Compendium, Volume One



## Synopsis

The Wing Chun Compendium explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by Wayne Belonoha, a certified Ving Tsun Instructor and National Certified Coach, 7th Level, Master Degree, the compendium offers hundreds of tips and techniques specifically designed to help readers advance to the next stage. The Wing Chun Compendium is divided into eight sections, including Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek (Sticky Legs) drills. Covering all three hand forms (Siu Nim Tau, Cham Kiu, and Biu Ji), it also provides a detailed examination of each movement and application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over 200 of the most common wing chun terms. The compendium concludes with Grandmaster Sunny Tang's special article, "Reflections of Siu Nim Tau After 30 Years."

## Book Information

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## Customer Reviews

A third generation direct descendant of Ip Man passes along ving tsun kung fu as handed down from Moy Yat to Dunn Wah (Sunny Tang). Sifu Wayne Belonoha is a Certified Ving Tsun Instructor with a Master Degree, Level 7. He is founder of the Canadian Ving Tsun Academy, recipient of the Martial Artist's Achievement Award, National Tournament organizer, certified judge, and a Pan American Triple Gold Medalist. Sifu Belonoha performed for Her Majesty Queen Elizabeth at

the Ip Man Hall Grand Opening in Foshan, China. He currently teaches in Alberta, Canada, and has had numerous students win Grand Champion awards at national and local tournaments.

I learned Wing Chun years ago and I have maintained my knowledge of what I learned. The forms in this book are a little different (very slight) from the way I learned them, but the philosophy is the same. I have other books on Wing Chun where the forms are a tremendously different. If you are like me... one who does most of the techniques against the air... even Chi sau and Chi gerk... then this is what you need to learn more and maintain what you do know. In my opinion, this is one of the best books on the market. Before he passed away my master told me that he had already taught me everything that he knew... judging from these two compendiums, it was correct teaching on his part. That is always good to discover after devoting 40 years to a style. If you are over 60 and have some physical problems, then Wing Chun makes for good exercise physically and mentally. The martial arts are not just about fighting, they're a way of life. Reading and learning this book will teach you Wing Chun, but knowing how to fight is a different subject all together.

I was very excited about this book, however i waited almost 2 weeks to get it. Two Full Weeks. But....this book is quite incredible and well worth the wait. It starts with all of the history, and slowly transitions into the "theory". Talks and goes into great detail about the center line, and the philosophy behind it all. One thing I really enjoyed was the "behind the scenes" sections talking about the discipleship, rules and discipline. Techniques, Drills, Forms, and Pressure Points are just a few of the chapters, and once you start reading you don't stop. I bought a few books a month back and they were nothing compared to this, its in a league all its own. I was very surprised, this book is awesome and a definite must have for all Ving Tsun lovers.

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Great book! Excellent diagrams and information on the Ving Tsun style and I found it to be helpful for reading prior to class. The section on pressure points is extensive.

Great book with plenty of philosophical quotes. Includes pics and step-by-step instructions on how to do the forms and some 2-man drills. Includes all 3 of the empty-hand forms.

Though I'd give this one a try despite many prior disappointments when buying martial arts based

books. Wow! Could not believe all the info the author managed to cram into one book. And it actually offers clear explanations. Too many books are filled with a bunch of pictures and basic stuff. This goes into details about how Wing Chun works. My only complaint is that both the Vol. 1 and Vol. 2 are needed to get the complete picture of Wing Chun. For example the Mook Jong is found in Vol. 2 and some great drills.

I can't give this book high enough praise. Any martial artist will find awesome insight in these pages. For Wing Chun / Ving Tsun students it gives a clear understanding on how to develop. While it is impossible to learn any martial art from a book, it does give a clear roadmap... worth its weight in gold. :-)

Exactly as expected, this is a basic field manual to the art form. Not only does it teach the techniques and applications as well as forms, there are many touching words by the author on how the "kung fu life" is lead. Recently I discovered Wing Chun University online created by sifu Wayne Belonoha ([...]). According to the site, this set is the textbook for his video lessons, which you can purchase on the site. VERY good resource if you're looking for a complete work on the art.

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