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The wing arm technique as sometimes referred to is one of the best and most effective methods utilized in Wing Chun fight. It mainly helps in deflecting an opponent's punch. To perform Bong Sau start at in the half squat position with your hands up. In one move, turn your hand down and your elbow up.

Beginner's Guide To Learning Wing Chun - Law Of The Fist

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Wing Chun is a style of kung fu that emphasizes close quarter combat, quick punches and tight defense to overcome opponents. This traditional Chinese martial art destabilizes opponents with quick footwork, defense and offense happening simultaneously, and redirecting opponent's energy to your advantage.

How to Learn Wing Chun (with Pictures) - wikiHow

Step down with the right foot past the Dummy leg to recover the Original Centerline and slap downward on the low Dummy arm with a clockwise-spinning left Gum Sau as the left foot slides to recover the original stance width (65B). Close Range Combat Wing Chun: Volume Three 102. •RWBook3 8/19/04 3:11 PM Page 102.

CLOSE RANGE COMBAT Wing Chun - WordPress.com

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Bong Sau (wing arm) is a defensive technique unique to Wing Chun. Use it to divert a punch by creating an angle of deflection. Begin in the half squat position with your hands up and in one movement, turn your hand down and your elbow up. As you do so, turn your waist and tilt your body so your feet are in a fighting stance position.

Wing Chun Techniques for Beginners - Survival Fitness Plan

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