



Wing Chun wooden dummy

Sam Hing F Chan

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For hundreds of years the wooden dummy has been a perfect training tool for Chinese Martial Artists. The Wing Chun *Mok Yan Jong* is a unique invention designed specifically to enhance the skills of Wing Chun practitioners. This book gives the most complete instruction to date on unlocking the secrets of the Wing Chun *Mok Yan Jong* . The practice of the wooden dummy set refines and hones the techniques learned from the Siu Lim Tau, Chum Kiu, and Bil Gee hand forms. It also strengthens the power of the forearms, improves footwork and sinking energy, as well as refining the skills of Chi Sau.

This book includes the entire Mok Yan Jong set in seven sections, a complete overview of principles and theories of the Mok Yan Jong set section by section, principles and combat applications for every single technique throughout all seven sections, Wing Chun terminology in Cantonese, and Wooden Dummy construction plans so you can build your own wooden dummy!

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