

# **Traditional Wing Chun Kung Fu**

## **Wing Chun Street Fighting and Self-Defense:**

### Baseball Bat Attack-

Learn basic principles of weapons defense. Concentrating on stance, focus, movement and arm position. Defend yourself from the "home run" swing of a baseball bat attack culminating in disarmament and follow-up strikes to end the situation.

### Single Handed Blunt Weapon Attack-

This lesson covers the basics of defending against a single handed blunt weapon attack. One must learn to avoid, stop and control the weapon, but also face having an additional free hand to deal with. Footwork, movement and focus must change when two hands are involved.

### Dealing with a boxer's jab-

Learn how to shut down a boxer's lead arm jab, both orthodox and south paw. This lesson covers single and 2 person drills with footwork and eye focus. Plus, how to handle follow up punches off the lead jab attack.