

## The Martialarm Introduction To Wing Chun Kung Fu

Wing Chun is a southern style of Chinese kung-fu, and the most influential Chinese martial art in modern times. Wing Chun emphasizes self-defense reduced to its most streamlined rudiments, simultaneous attack and defense with multiple straight-line strikes at extremely close range. Each punch, poke, strike, slap, or kick in the system has been designed to serve as a defense; similarly every block, deflection, or evasion has been designed to double as an attack. Rapid hand techniques combined with low kicks tend to be featured in an aggressive array of constant forward pressure.

Wing Chun training can be done in any city in the world and I encourage you to visit our martial arts directory of Wing Chun to find a school near you!

### About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/wingchun.html>

Source: <http://www.martialarm.info>