
Biu Jee

close range combat wing chun - dvd võ thuật - biu jee wan wun gup gau biu jee sau the biu jee form contains emergency techniques. teet jee yut chuet ba yuet tau iron fingers can strike a vital point at once. biu ma gwai jahng wai lick gau the quick advancing elbow strike has overwhelming power. foong ngon choy chuet ching but lau the phoenix eye punch is a merciless attack. **a perspective on augustine fong's wing chun gung fu** - more long arm motion from the biu jee form may be appropriate. also, when standing, the standard yee gee kim yeung ma posture can be appropriate-but when great power is incoming a degree of compression . 7 ... a perspective on augustine fong's wing chun gung fu ... **by sifu tyler rea - wing chun** - seung gahn sao cycle from the biu jee & dummy set. seung gahn sao this movement is found in the biu jee form and wooden dummy set of most wing chun branches. seung gahn sao is most often translated as double "cultivating" hands. it is more accurately described as double cleaving hands, the way a plow cleaves the soil. **wing chun-uk biu jee applications for the 3rd technician ...** - 1 - inside bie jee, r roll over gwai into sart (5th bj section opening) from shoulder grapple position 1 - 1st gwut gerk turning, l gwai to free arm, l sideways dong sau, r cheng from high two-arm grab 1 - r inside tie jarn with step. l roll over cup jarn to free other arm. l cover, r cheng wing chun-uk biu jee applications for the 3rd ... **wing chun grappling - higher intellect** - other grappling movements are seen in the biu jee, mook yang jong and butterfly sword sets. from biu jee come the tendon grabbing, muscle tearing and cavity pressing chin-na. from the mook jong (wooden dummy) and biu jee (thrusting fingers) come the pressure point chin-na and the sweeping throws. some common and useful chin-na: **sil lim tao ("little idea") 5.tan sau bk sau c. jik jeung** - 15uble biu jee 16uble jut sau 17uble crane hand lift. 18. heun sau and withdraw the fists. third section: basic skills 19k sau, wan jeung, heun sau and withdraw the fist. 20peat (19) on other side. 21.tan sau, guat sau, tan sau, huen sau, wan jeung, huen sau, withdraw the fist. 22peat (21) on other side. **dojo chattanooga -- wing chun program beginning stage ...** - 8. biu jee (thrusing fingers) 9. front kick 10. side kick iii. reaction training a. react with basics when attacked. b. dan chi sao (single sticky hands) c. chi sao (rolling and pushing only) iv. wing chun principles a. centerline theory b. posture and center of balance c. simultaneous offense/defense d. elbow energy (casting) e. yielding **xuan tong gung fu belt level 1 - youth - ekata** - kicks 3) biu-jee to eyes (spear hand) 1) lead leg round kick (mid) 4) stomp kick 2) back leg round kick (mid) 5) choke from rear defense a) drop weight & tuck chin 1) catch b) quickly turn into choke & bite arm to release 2) lean c) push attacker away, groin kick if attacked again 3) cover **adam williss - earleswingchun** - chi sao than the other forms chum kiu and biu jee? cst: in the process of doing chi sao, because siu nim tao is fixed and stable, but in chi sao you keep constantly moving. and once you are moving, it is not siu nim tao. if you teach a guy only siu nim tao, and go tell him to chi sao with a sihing, he won't **sil lim tao pdf - wordpress** - sil lim tao pdf siu nim tao is the first open-hand form, or taolu, of wing chun kung fu. siu lim tao step by step pdf the name is a loose translation of the cantonese pronouciation of the chinese. **mass martial arts academy - efficient warrior** - legendary biu jee (pressure point attacks) you are allowed up to 5 classes per week. even as a beginner, you are now accessing another level and scope of the wing chun system (sparring, chi sao, wooden dummy, street mma, etc.), and have set firm, and more long-term goals on the path to self-mastery. **white tiger wing chun - for judges only** - form: biu jee 1 st section q proficient q needs work q not learned flow drill: dan chi sau bong lop with changes q proficient q needs work q not learned partner drills one step #23 r high punch r jut sau to inside of wrist silmultaneous lpunch to face and r biu sau to opponent's l arm one step #24 l middle punch **finger pointing to the moon - baytallaah** - finger pointing to the moon chapter #1 chapter title: don't just listen, do 13 october 1972 pm in mt. abu, rajasthan, india [note: this is a translation of the hindi series adhyatma upanishad. **white tiger wing chun - for judges only** - biu jee/sau - fingertip strike q proficient q needs work q not learned form: siu lim tao 1st & 2nd sec: gong lik/fatt ging 1-71 q proficient q needs work q not learned partner drills one step #4 - low punch gum sau, punch one step #5 - middle punch lan sau, fak sau one step #6 - high punch jum sau, punch one step #7 - middle punch

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