



# The Wing Chun Compendium, Volume One

By Wayne Belonoha

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The *Wing Chun Compendium* explains the theory of wing chun from a technical, lifestyle, and philosophical perspective. Written by Wayne Belonoha—a certified Ving Tsun Instructor and National Certified Coach, 7th Level, Master Degree—the compendium offers hundreds of tips and techniques specifically designed to help readers advance to the next stage. The *Wing Chun Compendium* is divided into eight sections, including Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over 20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek (Sticky Legs) drills. Covering all three hand forms (Siu Nim Tau, Cham Kiu, and Biu Ji), it also provides a detailed examination of each movement and application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over 200 of the most common wing chun terms. The compendium concludes with Grandmaster Sunny Tang's special article, "Reflections of Siu Nim Tau After 30 Years."

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## **Editorial Review**

### **About the Author**

A third generation direct descendant of Ip Man passes along ving tsun kung fu as handed down from Moy Yat to Dunn Wah (Sunny Tang). Sifu Wayne Belonoha is a Certified Ving Tsun Instructor with a Master Degree, Level 7. He is founder of the Canadian Ving Tsun Academy, recipient of the Martial Artist's Achievement Award, National Tournament organizer, certified judge, and a Pan American Triple Gold Medalist. Sifu Belonoha performed for Her Majesty Queen Elizabeth at the Ip Man Hall Grand Opening in Foshan, China. He currently teaches in Alberta, Canada, and has had numerous students win Grand Champion awards at national and local tournaments.

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