



Structure of Wing Chun Kuen (B&W): Awakening Force Flow

By Alan Orr

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Structure of Wing Chun Kuen (B&W): Awakening Force Flow By Alan Orr

Books on Ip Man's famous Wing Chun system are plentiful, yet focus mainly on the choreography and applications of the forms. Yet, to master Wing Chun one must develop mastery of internal body structure, energy generation, and proper force issuance in his own movements and especially when controlling an aggressive opponent. In The Structure of Wing Chun Kuen, Alan Orr teaches this very method in great detail.

“This impressive volume introduces practitioners to the essence of the Chu Sau Li Wing Chun system and its role in the structural development of Wing Chun. It follows the story of Alan Orr and his quest to learn martial arts as part of his path to personal growth and development. It explores highs and lows of learning and his search for understanding the internal and physical aspects of Wing Chun. From here, the book delves deep into the structure, core, and training of this dynamic martial art.

“The Six Core Elements of Wing Chun have become essential learning to master the Wing Chun and in this book Alan shares the teachings of grandmaster Robert Chu and Hendrik Santo, who have helped him to master Wing Chun and produce successful full-contact competition fighters. The Structure of Wing Chun Kuen is a blueprint for a deeper understanding of this world-famous art.

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Editorial Review

About the Author

Alan Orr is a world renowned martial arts teacher, regarded as a modern Wing Chun master. He has twice been featured on the cover on "Martial Arts Illustrated," has written hundreds of articles, and is the former editor of "MMA Uncaged." He has traveled the world to find and train with the very best martial art and healing teachers and today he himself teaches martial arts, fitness, and healing in multiple countries.

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