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The Benefits of Using A Wing Chun Dummy. Whilst the Wing Chun Dummy might seem just for Kung Fu styles, in actual fact any style of martial art can benefit from possessing this training equipment. First let us examine the structure of the dummy. Although variations exist the standard dummy tends to have 3 wooden arms and a leg.

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The training process as outlined in this guide is designed to cultivate maximum skill in Wing Chun Kung Fu in the minimum amount of time and with the least possible impact on the rest of your daily schedule. Some Kung Fu masters have said that it takes 20 years to learn their system. That's a horrible return-on-investment.

## **The Wing Chun Concepts Training Methodology**

This Wing Chun guide also introduces the wooden dummy form, the six-and-a-half pole form, and the use of butterfly knives. In addition, this kung fu book provides detailed commentary on the theory behind each move so that you can develop an in-depth understanding of both the practical application of this fighting art and the meaning behind it.

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