

Content

Preface	13
1 Historical overview of the origins of Wing Tsun	15
1.1 Wing Tsun today	16
1.2 Lineage of the author's Wing-Tsun masters	17
2 Leading question of this study	18
2.1 The organization of movement	18
2.2 The basic movement organization in Wing Tsun	19
3 Thesis	20
4 The Way of the Intercepting Fist	22
5 Movement representation and movement control in Wing Tsun	23
5.1 The cognitive architecture of the movements in Wing Tsun	25
5.2 Thesis on the mechanics of Wing Tsun	28
5.3 The basic approach to Wing Tsun shown on the basis of essential movement characteristics	29
5.3.1 Example movement 1 – Bong-Sao and turn	32
5.3.2 Example movement 2 – Pak-Sao against jab	40
5.3.3 Example movement 3 – Taan-Sao turn	44
6 The tactile reaction-time model	50
6.1 GM Kernspecht and other authors	50
6.2 Reacting to tactile stimuli: yes or no?	52
7 The basic movement mechanics in Wing Tsun	56
7.1 Energy storage – the forward tension in Wing Tsun	58
7.2 Energy transfer – the turn in Wing Tsun	61
7.3 Schema of the basic Win-Tsun mechanics	63
7.3.1 Implementation of the schematic approach to using the opponent's energy in practice	65
8 Deformations on the way to the opponent	67
8.1 The tendomuscular system in Wing Tsun	67
8.2 The stretch-shortening cycle in Wing Tsun	68
8.3 The monosynaptic stretch reflex in Wing Tsun	69

8.4	Reactive force in Wing Tsun	71
8.5	Stiffness in Wing Tsun	71
8.6	Proprioception in Wing Tsun	72
9	In Wing Tsun the attacker carries out the withdrawal movement for us	73
10	Errors when attempting to utilize the energy	75
11	Two experiments on the significance of the tactile sense in Wing Tsun	76
11.1	Reduction of surface sensitivity – a preliminary experiment	76
11.2	Responding to tactile stimuli is risky and impractical	79
12	Integration and correction of the existing Wing-Tsun principles	81
12.1	“Be like water”	81
12.2	Arms like a willow	82
12.3	The force laws of Wing Tsun	82
12.3.1	Correction of the significance of the force laws	84
12.4	The (two) principles of Wing Tsun	85
12.4.1	The significance of the four principles	85
12.5	Yau and Gong	87
12.6	Yin and Yang in Wing Tsun	88
13	Conclusion – the new model of movement organization in Wing Tsun	89
14	Interpretation of Bruce Lee’s statement	91
15	Conclusion	93
16	Philosophy in movement – an outlook	96
17	The three circles of weapon management – an outlook	97
	Bibliography	100
	Recommendations	104