

JUST RELEASED

CHI SAO & SPARRING TECHNIQUES



- ▶ Proactive Sparring Techniques Demonstrated & Taught
- ▶ Coaching Instructions to Show You How to Perform Sparring Techniques
- ▶ Techniques Shown How They Originate from the Forms
- ▶ Over 600 mgs of 320x240 Video Instruction. No Tiny Moving Postage Stamps!
- ▶ Searchable Index

Basic Traps are Demonstrated



In this volume Sifu Chong demonstrates and teaches the Chi Sao exercise and its importance to the Wing Chun system. Multiple camera views are shown to give you exact placement & positioning of your hands.

The CD shows how all the Forms, training drills, sensitivity drills lead up to self-defense & sparring.

Techniques in this CD are advanced & it is helpful to have experienced Chi Sao already. However, every effort is made to show & explain to the beginning student how to perform Chi Sao correctly.

Sifu Chong's instruction progresses from Chi Sao to Trapping, a traditional stepping stone to full sparring. The trapping concept is demonstrated & the student is given the building blocks to develop their own trapping methods.

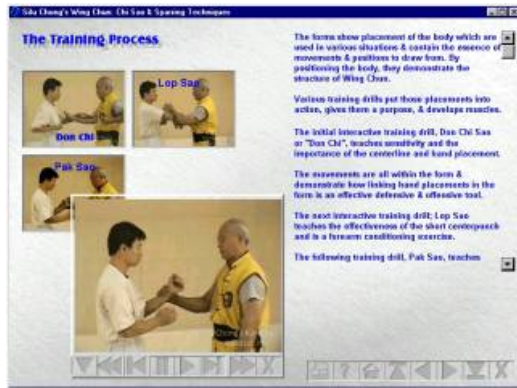


Sifu (Chinese for teacher) **EDDIE CHONG** is an internationally recognized martial arts instructor based in Sacramento and has affiliated schools in fifteen U.S. cities and in Singapore & Mexico. He has been teaching Wing Chun Kung Fu for over 25 years.

Sifu Chong was born and raised in Singapore, lived in Japan for two years, and came to the United States in 1964 at the age of 24. He trained for several years in the Korean martial art of Tae Kwon Do and was about to test for the rank of black belt when he discovered Wing Chun. He was a lithographer for 20 years, retiring in 1989, and now dedicates all his efforts to teaching martial arts. He regularly travels to his schools to give seminars.

System Requirements

- ▶ Windows 9x/NT
- ▶ Working Media Player to Play AVI Files
- ▶ Working Audio System to Play WAV Files
- ▶ 8x CD ROM
- ▶ Hi Color 800 x 600 Display
- ▶ SRP \$39.95

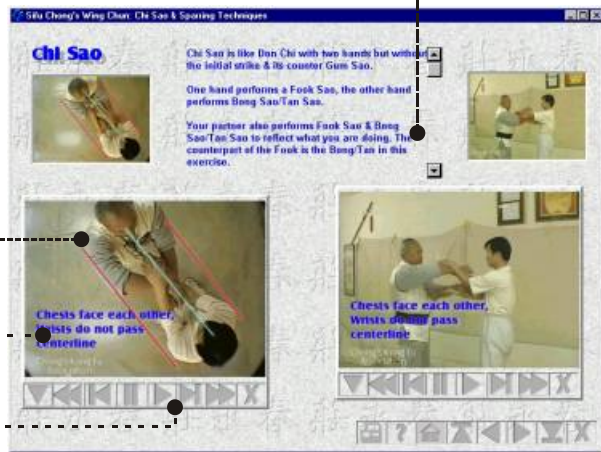


The Wing Chun Training Process is Summarized & Brought Full Circle From Forms to Sparring

Text panels explain how to perform movements.

Coaching notation explain important positions.

Video clip is large & clear.



You precisely control the play of the video frame by frame.

Sifu Chong progresses to the next level using the concept he has termed “Intercepting”.

This is an abbreviated & more aggressive variation to trapping. Less one-on-one hand contact is used & he shows how to position yourself to take advantage of your opponent’s stance & positioning.



Posture & positioning are diagrammed for you

For martial artists of other styles, Wing Chun is an excellent study in minimalist techniques.

The style can help you evaluate the effectiveness of your own training and challenge your basic assumptions about self-defense.

Time & again Sifu Chong’s techniques will leave you wondering “Why didn’t I think of that?”. His techniques are stripped down to bare essentials, but require you to think & position yourself proactively to deny your opponent any maneuvering room.



Many topics have more than one video clip to explain options or give additional background.

The significance of each clip is fully described.

The entire screen is 800 x 600 pixels, each video clip is 320 x 240.



P.O. Box 660724
 Sacramento, CA 95866-0724
 916/973-9911
 info@xumedia.com, www.xumedia.com