



Interactive CD makes learning Kung Fu easy & understandable

Only \$39.95

- ▶ Over 500 mg of 320x240 Video Instruction.
No Tiny Moving Postage Stamps!
- ▶ More Than 50 Minutes Playing Time
- ▶ Searchable Index
- ▶ Printable Video Clips
- ▶ Coaching Instructions to Show You How to do Forms Correctly & Precisely
- ▶ Simple Repetitive Exercises to Train You to do the Forms Correctly
- ▶ Simple Self-Defense Movements Taken Directly From the Forms You Can Use Instantly

At last someone has produced a simple, usable martial arts training program.

There are many good martial arts training programs on videotape, but videotape is inherently user-unfriendly. It discourages the observer from pausing & repeating important scenes & sequences. Tape wear is a serious concern in watching your favorite program over & over again. Locating your favorite sequence is time-consuming & frustrating when you can't find it quickly.

WING CHUN ON CD changes all that:

- Replay or pause your favorite sequences indefinitely.
- Change the screen size to view more detail.



Applications of the Form are clearly demonstrated

WING CHUN ON CD is structured to maximize your training time by breaking the Wing Chun system down into usable, easy-to-remember & apply techniques & exercises. You are coached in exact hand positioning & movement, qualities essential for successful Wing Chun.

A visual glossary of key terms is provided for your reference



What is Wing Chun?

Wing Chun is a variety of Kung Fu developed by a Buddhist nun 400 years ago to neutralize the advantages of trained & experienced martial artists. Today, these advantages work for especially well for women, children, smaller people, non-athletic people, & people who don't have a lot of time to spend in intense physical training to defend themselves.

It is not a really a "work-out" if you are looking for exercise & physical fitness. Wing Chun actually tries to incapacitate an attacker with as little effort and activity as possible.



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.

Wing Chun was the first style Bruce Lee studied. He never completed the training but used many of the principles & philosophies in the style he developed on his own— Jeet Kun Do.



Responses to common attacks are shown

In the first CD, Sil Lum Tao, Sifu Chong demonstrates the first of the three empty hand forms of Wing Chun. Sifu Chong shows how simple it is to use movements of the form in self-defense & how every movement has a purpose.

Text panels explain how to perform movements—

Text panels explain what the movements do—

Coaching notation explain important positions—

Video clip is large & clear



You precisely control the play of the video

Print any screen

Search for key terms

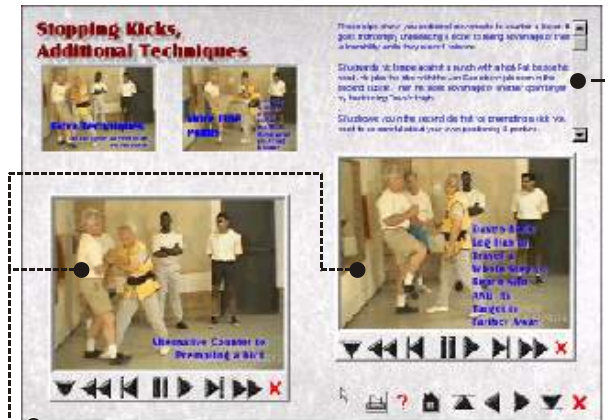


Sifu (Chinese for teacher) **EDDIE CHONG** is an internationally recognized martial arts instructor based in Sacramento and has affiliated schools in fifteen U.S. cities and in Singapore & Mexico. He has been teaching Wing Chun Kung Fu for over 25 years.

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
- ▶ 4x CD ROM
- ▶ Hi Color 800 x 600 Display



Most topics have more than one video clip to

explain options or give additional angles

The significance of each clip is fully described

Entire screen is 800 x 600 pixels, each video clip

is 320 x 240



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