

**~ WING CHUN MADE EASY ~**

**~ HOW TO ESTABLISH POWER THROUGH ~**

**“INTERNAL STRETCHING QIGONG”**



**LESSON\_1c**

**POWER HIP STRETCHING**

This eBook contains the knowledge intended for beginners who are eager to learn Wing Chun **“fast”**.

Intermediate practitioners will find the answers to their questions concerning Wing Chun principles in this eBook series.

Advanced practitioners will discover the fascinating Art of Wing Chun through mind development.

## ~ Major Kung Fu Benefits ~

- Unite the body as one unit to stand & move with flow
- Develop explosive power with *effortless* flow & snap
- Develop powerful internal penetrating kicks & strikes
- Strengthens your legs for turning, jumping & sliding
- Enhance survival instincts

## ~ Major Health Benefits ~

- Relieve lower back pain
- Enhance sexual drive
- Strengthen your abdominal (core) muscles
- Lose weight & inches
- Stop dribbling after urination

**~ WE HAVE A SPECIAL GIFT ~**  
**~ FOR THOSE OF YOU ~**  
**“READING THIS FAR”**



**“ Learn How To Generate Powerful Kicks & Stances”**

*~ In This eBook We Have For You ~*

*“One Easy To Do”*

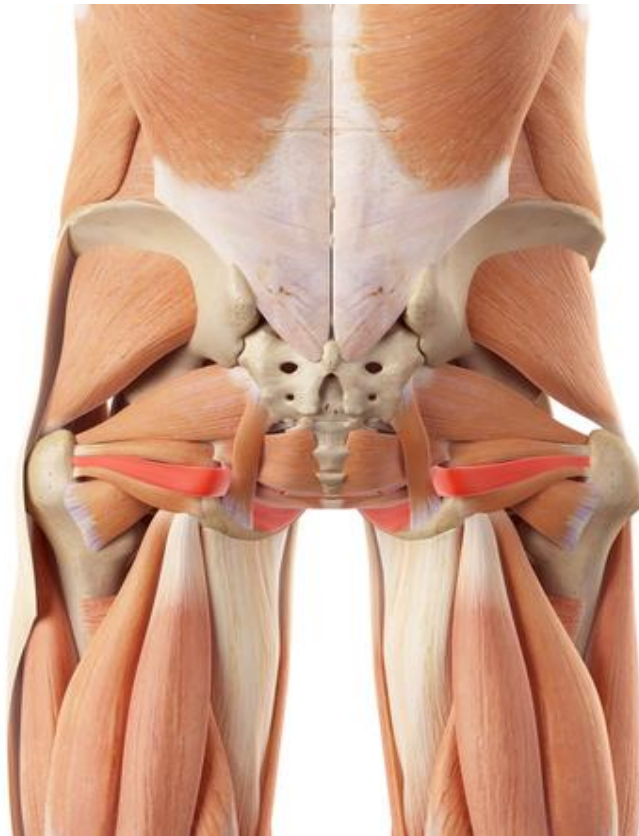
*~ Wing Chun Internal Power Stretching Qigong ~*

**“Power Hip Stretching Lesson\_1c ”**

**“Will Strengthen Your Foundation”**

**~ For “1” Inch Power ~**

**“Amazingly Fast”**



**~ First Step ~**

**“How To Get Super Grounded”**

**~ Stretch Your **Obturator Muscles** Side to Side ~**

# HOW TO ACQUIRE EXTREME HIP POWER



*~ Thrust With Your Hips When Kicking ~*



*~ Thrust With Your Hips When Advancing ~*

~ **GET EXPLOSIVE POWER FAST** ~



*“SEQUENCE TRAINING FOR EXPLOSIVE POWER”*

**“Explosive Power Comes By Sequencing Your Legs”**

~ YIN & YANG PRINCIPLE ~



~ GET A POWERFUL FOUNDATION FAST ~

~ BODY MECHANIC SEQUENCING ~

~ THE NATURAL YIN STANCE ~

“YI ZHI KEEM YUENG MA”

~ THE MOTHER HORSE ~

~ SEQUENCING ~

~ STANCE ~

## ~ Yin & Yang Training ~



~ Lower Body (Yin) ~

“Heavy By Contracting”

The Tendons At Your 3 Major Bone Joints

~ Hips ~ Feet ~ Knees ~

“70% Power”

~ Upper body (Yang) ~

“Loosen & Relax All Your Muscles”

“30% Power”

~ Hold Stance Counting To 30 ~



## ~ A Message From Hippy Sifu ~

Sifu Greg has been researching and developing, *fighting skills* and more importantly *healing skills*, for over 43 years.



*“I Love To Share With You Everything That I Have Learned”*

*“Thank You All So Much”*

*“Because I Care”*



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~ CONTACT ~

[aohsd.com](http://aohsd.com)

“ANSWERS TO ANY QUESTIONS”

~ YES I LIKE TO WATCH THE **InfoMovie** ~

*“ SACRED GROUND ”*

*~ DR. RUBIK TESTIMONIAL ~*

*~ READ OUR BLOG ~*