

~ WING CHUN MADE EASY ~

~ HOW TO ESTABLISH POWER THROUGH ~ “INTERNAL STRETCHING QIGONG”



LESSON_1d

WHIPPING SHOULDER POWER

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 ~

- Knock Out Power
- Upper Body Speed
- Whipping Power
- Loose Neck & Shoulders

“MAJOR INJURY PREVENTION BENEFITS”

- Rotator Cuff Injury
- Shoulder Tightness
- Frozen Shoulder
- Arthritis
- Bursitis
- Stiff Neck

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



“ Learn How To Generate Whipping Power”

~ In This eBook We Have For You ~

“One Easy To Do”

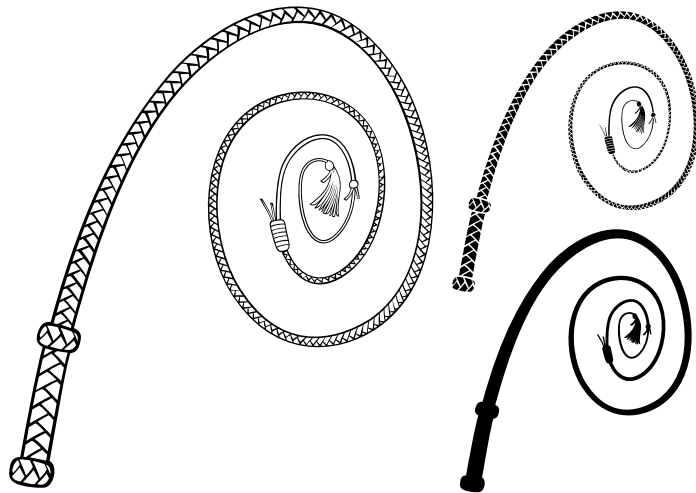
~ Wing Chun Internal Power Stretching Qigong ~

“Whipping Shoulder Power”

~ WHIP IT GOOD ~



“Use Your Shoulder As The Base For Whipping”



“Whipping Happens To Be A Deadly Technique”

~ SUPER STRETCHING YOUR TENDONS ~

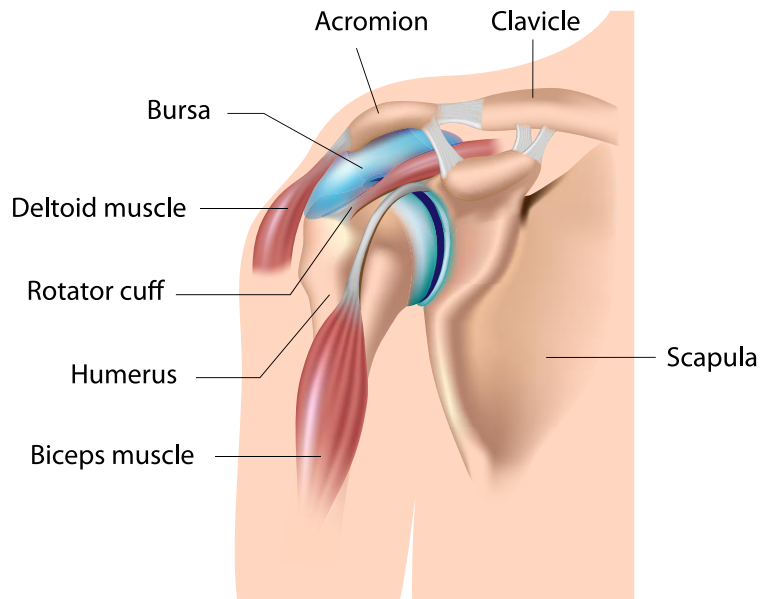


“**Tendons** Connects Muscles To Bones”

“At The Bone Joints”

“Power Comes From Your Bone Joints”

~ LUBRICATE THE SHOULDER JOINT ~



“Contracting Your Tendons Activates The Bursa Sac”

“Bursa Sacs Contain Synovial Fluid”

“Synovial Fluid Lubricate”

“Your Bone Joints”

“Smooth”

“Move”

~ WHIPPING ACTION ~



“Use Your Armpits For Power”



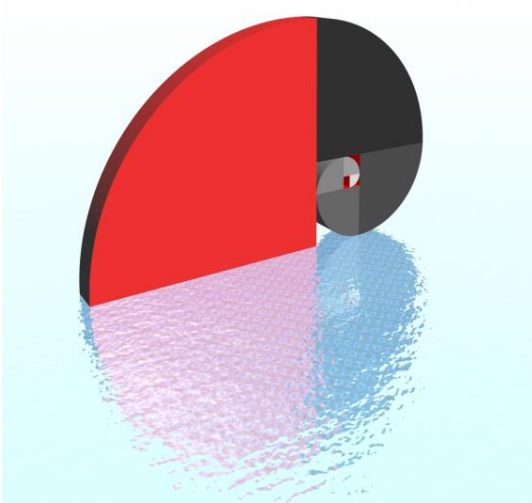
“Hips Sets Your Foundation”

“Elbows Begins The Whip”

“Armpits For Power”

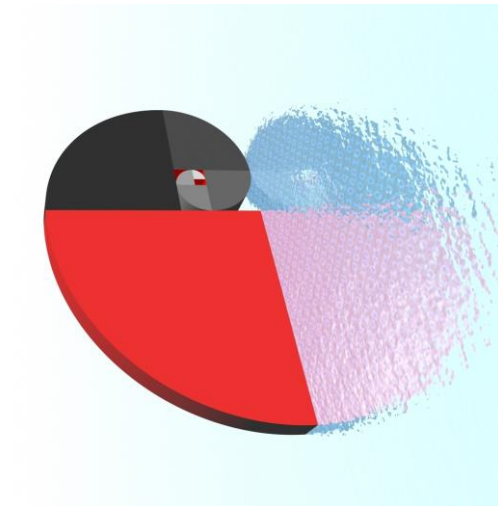
~ ACTION ~

~ ROLLING THE SHOULDERS ~



“Rolling Shoulders Forward”

“Locks The Shoulders In Place”



“Rolling Shoulders Backwards”

“Opens The Shoulders”

~ SHOULDER_BODY MECHANIC ~

“CHUM KIU”

~ BONG SAO



- roll shoulder forward to lock your shoulder joint
- use the tip of the elbow to push out & forward your bong sao
- the forearm twist across @ 45 degree angle
- your palm will face toward your opponent
- hold stance for a count of 30 both sides

~ NEVER LEAVE THE BONG SAO UP ~

“QUICKLY DROP BACK TO”

~ TAN SAO ~



- never leave the elbows up doing Bong Sao
- roll shoulder backward to open shoulder joint
- immediately drop your elbow straight down
- balance your palm
- Tan Sao
- hold stance for a count of 30
- add 5 counts daily for 6 days to 60

~ KEY POINTS ~
“FOR”
~ ACCELERATED LEARNING ~

- perfect practice makes perfect
- contract your tendons to strengthen your bones & muscles at the bone joints
- use body mechanics ~ *hips* ~ *feet* ~ *knees* ~ to connect your legs
- use ~ *hips* ~ *feet* ~ *knees* ~ sequence for *stance training only*
- stretch your spine to connect your legs to your upper body
- use ~ *hips* ~ *elbows* ~ *armpit* ~ sequence for whipping power
- use your clavicles to roll your shoulders forward or backward
- balance your head by looking straight forward with your eyes
- keep your lips firmly together ~ breathe with your nose
- add 5 counts daily for 6 days to 60 count
- stand in your stance for 3 minutes - best twice a day - super power - build your way up to 5 minutes - ultimate power

~ 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 So Much”

“Because I Care”



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~ CONTACT ~

aohsd.com

“ANSWERS TO ANY QUESTIONS”

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

“SACRED GROUND”

~ DR. RUBIK TESTIMONIAL ~

~ READ OUR BLOG ~