

# ~ WING CHUN MADE EASY ~

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



### LESSON\_1e

### HEAVY ELBOW 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 ~**

- Heavy Punches
- One Inch Power
- Great Elbow Power
- Great Defense
- Great Offense

## **“MAJOR INJURY PREVENTION BENEFITS”**

- Tennis Elbow
- Tendonitis
- Bursitis
- Arthritis

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



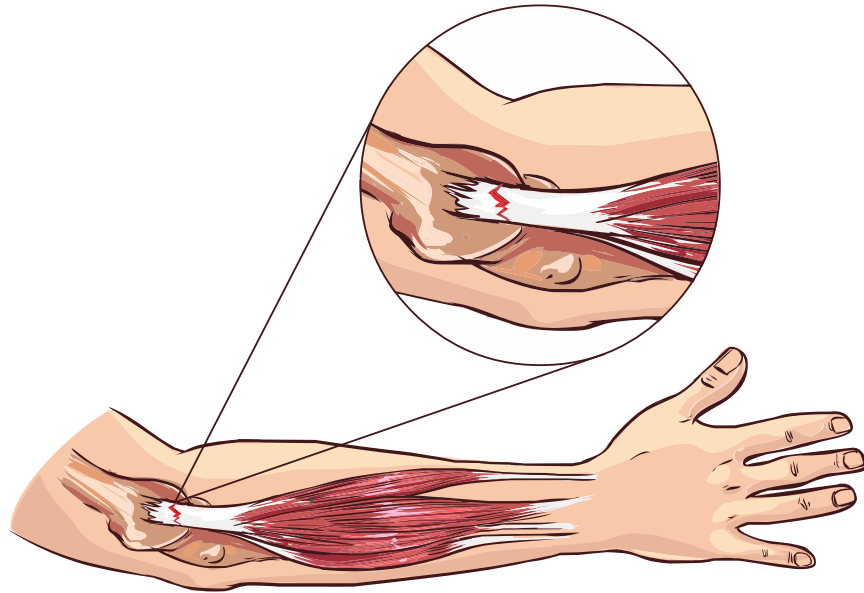
*~ In This eBook We Have For You ~*

*“One Easy To Do”*

*~ Wing Chun Internal Power Stretching Qigong ~*

**“ Heavy Elbow Power”**

**~ HEAVY ELBOW POWER ~**  
**“INTERNAL POWER STRETCHING”**  
**~ TENDONS & MUSCLES ~**



Set 1 \_ Contract the forearm tendons at the elbow joint.

Set 2 \_ Contract the forearm tendons at the wrist joint.

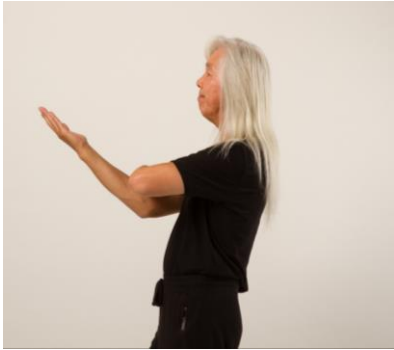
Set 3 \_ Stretch the forearm muscles.

Set 4 \_ Hold stretch & count to 30.

Set 5 \_ Add 5 counts daily for 6 days until 60 counts.

**“To Whip ~ Tendons Must Be Strong ~ Or Injury Will Occur”**

## ~ GREAT ELBOW POWER ~



“Tan Sao”

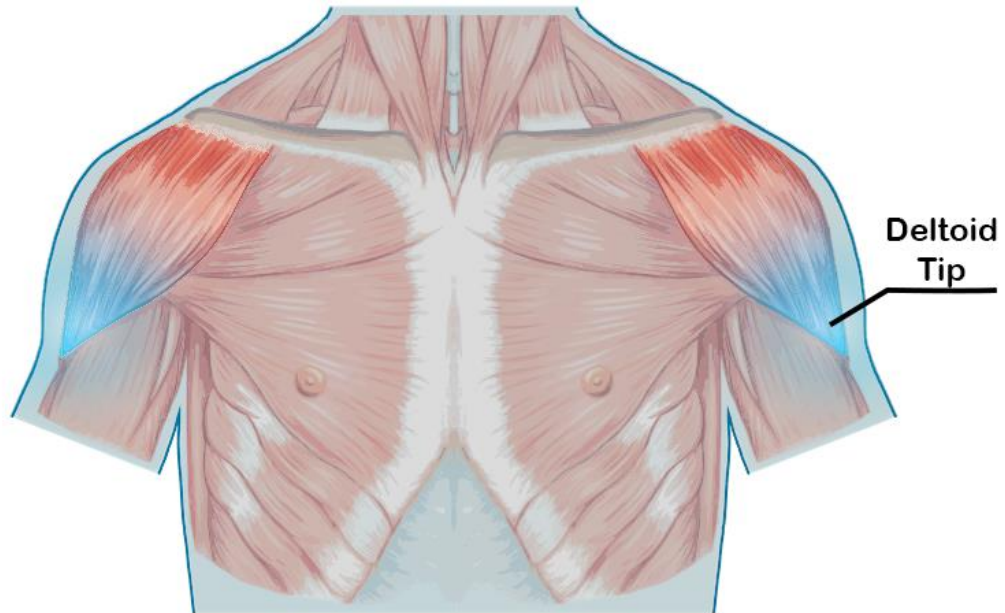


“Fook Sao”



“Bong Sao”

~ **SUNKEN ELBOW POWER** ~



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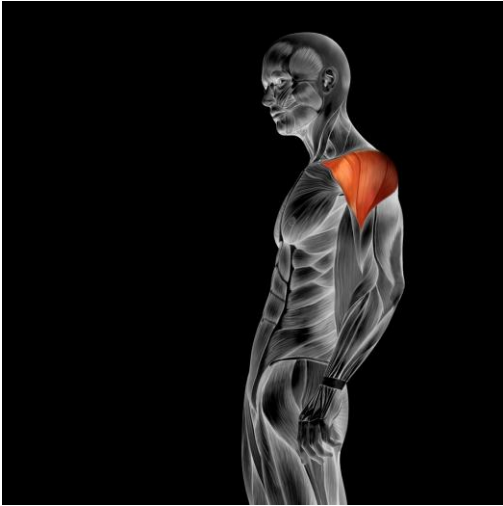
“Sunken Elbow Power”

“Comes From”

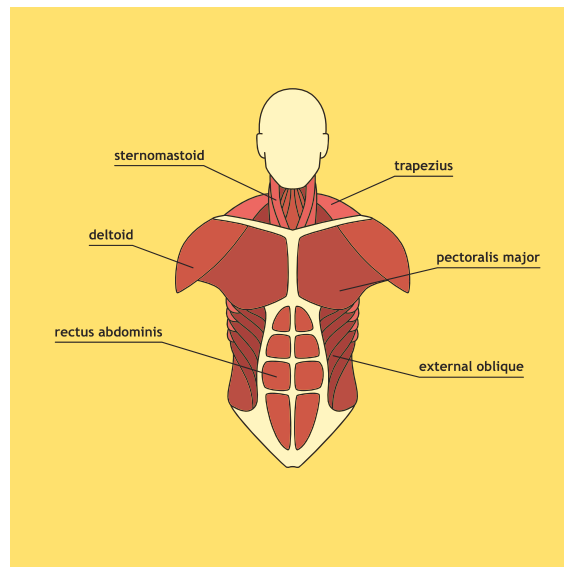
*“Tip Of Deltoid Muscle”*

~ **VISUALIZE** ~ **FEEL** ~ **DO** ~

## ~ TIP OF DELTOID MUSCLE ~



“The Deltoid Muscle Connects The Arms To Your Body”



“Always Use Your Whole Body”

## ~ A Message From Hippy Sifu ~

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



*“I Just Want To”*

*“Thank Everyone So Much”*

*“For Your Support”*





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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 ~*