

~ WING CHUN MADE EASY ~

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



LESSON_1f

STRETCHING THE IRON PALM

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.

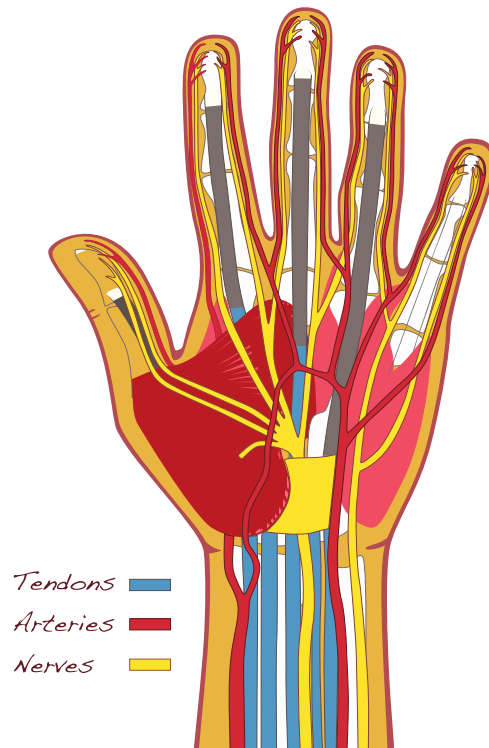
~ MAJOR KUNG FU BENEFITS ~

- Great Hand Speed
- Heavy Hands
- Internal Power
- One Inch Power
- Snapping Power

~ MAJOR HEALTH BENEFITS ~

- Anti Aging
- Increase Energy
- Reduce Stress
- Reduce Anxiety
- Restful Night's Sleep
- Mental Clarity

~ 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 ~

“Stretching The Iron Palm”

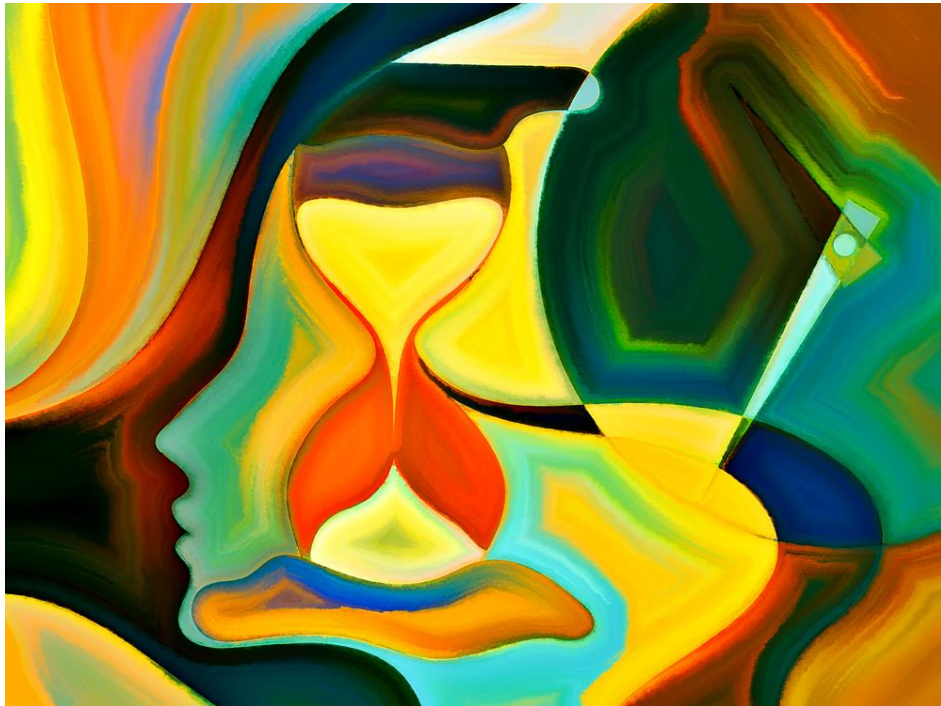
~ WING CHUN KUNG FU SNAPPING FIST ~



- *Stretch your palms side to side – hold for count of 30
- *Add 5 counts daily for 6 days – until count of 60
- *Build up stretching your palms to 3 minutes to 5 minutes

~ DEFINITION OF ART ~

- Skill acquired by experience, study, or observation
- An occupation requiring knowledge or skill
- The conscious use of skill and creative imagination especially in the production of aesthetic objects



“What Do You See”

~ 3RD EYE ~
~ IMAGINATION ~
~ VISUALIZATION ~ MEDITATION ~



“Open Your Mind’s Eye”

“Look Within”

“To Find”

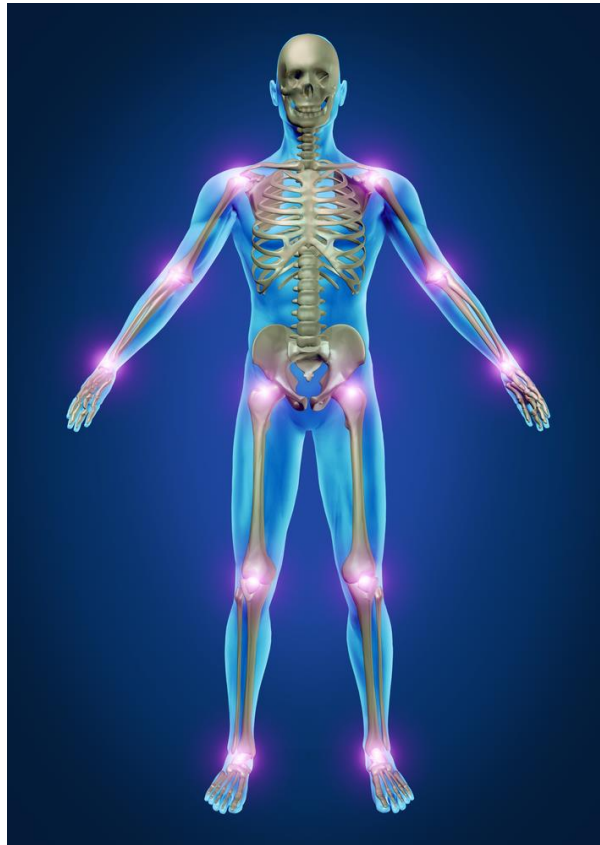
“You”

~ In 100 Battles ~ If I Know Myself & My Opponent ~

~ My Opponent Knows Himself But Not Know Me ~

~ I Will Have 100 Victories In 100 Attempts ~

~ 1ST STAGE ~
~ LOWER BODY ~
~ ART OF BODY SEQUENCING ~



“Lower Body

~ Knees ~ Hips ~ Feet ~

*Begin Each Step *Leading* With Your Knee

*Swing *Gracefully* With Your Hips

**Glide* With Your Feet

~ 3RD STAGE ~
~ TOTAL BODY ~
~ ART OF BODY SEQUENCING ~



“Walking”

~ Or ~



“Running”

~ Lower Body ~ Connection ~ With Upper Body ~

Sequence Instructions - *visualize* body part - *feel* - *do*:

*Knees ~ Shoulders

*Hips ~ Hands

*Feet ~ Elbows

~ 4TH STAGE ~
~ SIU NIM TAO ~
~ ART OF VISUALIZATION ~



“Concentrate”



“Feel”

~ Lower Body ~ Connection ~ With Upper Body ~

Sequence Instructions - *visualize* body part - *feel* – *do*:

1st Set = *Knees ~ Shoulders*

2nd Set = *Hips ~ Hands*

3rd Set = *Feet ~ Elbow*

4th Set = *All 6 Body Joints Simultaneously*

~ KEY POINTS ~
“FOR”
~ ACCELERATED LEARNING ~

- We could take you so far ~ the rest remains for you to discover & unlock the secrets to *internal power* from within.
- Trust & believe in yourself.
- Consistent or diligent training has to be *self-discipline*.
- Have *self-control* to decline indulgences.



“Mostly”

“Be **Sincere**”

“What You Think & Say”

~ 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”

“Reading Our eBook”

~ NEXT WING CHUN INTERNAL POWER ~
“STRETCHING QIGONG EXERCISE”

~ LESSON_2a ~



~ AWESOME HIP POWER ~



~ WING CHUN MADE EASY ~

~ CONTACT ~

aohsd.com

“ANSWERS TO ANY QUESTIONS”

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

[“SACRED GROUND”](#)

[~ DR. RUBIK TESTIMONIAL ~](#)

[~ READ OUR BLOG ~](#)