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## Is wing chun kung fu effective

Wing Chun is followed by a legend of one of the deadliest martial arts in history, and in this article, I will do my best to tell you if this is true or not and explain why. Unfortunately, Wing Chun is nowhere near as effective as its legend is trying to make it. Although Wing Chun teaches you to punch and fight in general, Wing Chun skills are not effective against other martial arts or in self-defense situations. Let me explain further why this is the case, and I will show it on some video examples as well. When traditional fairytales meet real life, the truth comes to light. What is Wing Chun? Wing Chun is a conceptual self-defense skill that uses punches, levers, and throws, and is specialized for close combat. Wing Chun as a skill is based on several basic principles, of which the body structure is the most important. According to the theory of skill, a person who has a better body structure wins the fight. The right structure is like Bamboo, solid but flexible, well-founded, rooted but easily mobile. This structure is used either to redirect an external force or to repel it. Equilibrium is closely related to structure. Good balance helps the fighter to maintain the structure after the attack or to regain it quickly if it is disturbed. A good part of the training is focused on practicing balance, which is trained in a different form and the shape of a wooden doll. Wing Chun has high postures with elbows that are within the body line. In the posture, the arms are placed so as to keep the most sensitive points on the body placed along the centerline. Depending on the style, the body rotates around different points on the body. There is only one Wing Chun style that does not use rotation. All attacks and counterattacks have their base in the basic position. One of the significant characteristics of Wing Chun is relaxation when performing techniques. Excessive muscle contraction causes a reduction in the strength and speed of the stroke, which is why Wing Chun insists on relaxation. Unnecessary muscle contraction also consumes more energy and causes rapid fatigue. Cramped arm muscles are less mobile and significantly less sensitive to changing the direction of incoming force, in addition to giving the opponent a lever through which he can easily push or pull the exerciser. Relaxed muscles annul all the above shortcomings and put the exerciser in a superior position in relation to the opponent Wing Chun Legend The most famous legend about the origin of the style comes from Yip Man and briefly reads as follows: After the Manchu dynasty came to power, a resistance movement was created in the South Shaolin Monastery, where the most prominent fighters of that time met to create superior fighting skills to overthrow the invaders. Unfortunately, the masters were handed over to the authorities, who set fire to the monastery and killed most of the rebels. However, a few managed to save themselves. Among the survivors was the nun Ng Mui, who kept the secret of her newly created fighting skills. The nun found refuge in a monastery on the border of Sichuan and Yunnan provinces, where she met a girl named Jim Wing Jun in a nearby village. After Jim Wing Chun was proposed by the local military commander, the girl promised that she would marry him only if he defeated her in battle. The girl asked the nun Ng Mui to teach her how to fight in order to avoid an unwanted marriage. Soon, the nun trained the girl in the secret style of fighting that she brought from the Shaolin Monastery. According to legend, Jim Wing Chun defeated the military commander and later married a salt merchant, Leung Bak Chao, whom she learned her new skill, and he, in turn, named the style after his wife, Wing Chun. However, like most other legends about Wing Chun, even this one about its origin is not true. There are various legends that move the origin of the style to different locations and name other historical figures such as Chi Sim, Miu Hin, Dai Dong Fung, Yat Chun, and many others as creators. Each line has its own legend about the creation of the skill and they can differ in detail or completely. It is important to note that Chinese historians, after detailed research, came to the conclusion that Ng Mui, Jim Wing Chun, Chi Sim, Miu Hin, and others are only legendary figures and that there is not the slightest trace of their actual existence. Why Is Wing Chun Not Effective? As is the case with many traditional martial arts skills, their 'masters' are the ones that are to be blamed for their failures. They act like goods to their students, while in reality, they don't want to change and adapt. First of all, Wing Chun as a skill is an old and traditional skill, and old and traditional really doesn't mean anything good. It just means they are using something that time has passed by and that they are not willing to do adapt to the new age, the age of MMA! But, back to their masters, they have to keep the tradition going, they have to elevate their skills to the sky because if they don't, they are left without anything. Most of the Wing Chun masters (and those of other traditional skills) can't fight, probably haven't had a real fight in their lives, have a very bad body posture, don't train at all, and other various combinations of bad sporting looks and spirits. Unfortunately, there are a LOT of fake masters that use their students for their gain and offer nothing in return. So, why is Wing Chun not effective, except because it has terribly bad 'masters'? Wing Chun trainees don't adapt at all. They are training old skills, that time has passed, and masters assure you that you can defeat whoever you want if you do it the right way. An example of Wing Chun master fight a not so great MMA fighter This MMA fighter is surely not the best there is, but he is miles ahead in everything over Wing Chun 'master'. Imagine, if this fight was not stopped all the time, how long would this fake clown stand in it? Why is Wing Chun not effective? Just look at that video. Look at his stance, where he keeps his hands, and take a look at his strength. His strikes have absolutely no power, and where are those magic moves they preach about? Those moves that can defeat anyone anywhere? Unfortunately, Wing Chun, actually its masters, are frauds, and Wing Chun as a martial art is not efficient anymore. Possibly, it could be used to implement other martial arts in some mixed martial arts combinations, but even then just to surprise your opponents with some surprise strikes. Effective? On its own? No chance! The Bottom Line - Is Wing Chun Effective? Wing Chun is definitely not an effective martial art. Most of its problems lie in its fraud masters that use their students for their gains. They are teaching old skills and trying to convince them, and the whole world, that they can use Wing Chun effectively against anyone in any situation. Wing Chun as a skill is not effective at all and it would be much better if it would be used for entertainment, and promoting traditional values, such as, for example, Capoeira does. Just to be clear, I don't have anything against Wing Chun as a skill, it is something with huge tradition that I think should be kept, and passed to new generations, but I do have much against most of their masters that want to turn Wing Chun into something that it isn't, and that is a effective martial art. Is Wing Chun a waste of time for MMA? Or could it be an underrated component of a well-thought mixed martial arts game... While some athletes have a deep love for the craft, others feel it's almost entirely useless for true combat. So what's the deal? Here's the complete low-down on Wing Chun and its history in MMA. The good, the bad, and the ugly - I've covered it here. Before breaking down its utility in MMA, let's kick things off with a background on the martial art of Wing Chun... What is Wing Chun Wing Chun is a concept-based martial art that originated somewhere in southern China. Like many traditional martial arts, specific details on its origins are unclear. Legend says it was created by a Shaolin Kung Fu master, Ng Mui. What we do know is that it became widespread after a Wing Chun master, Ip Man, started to teach the style throughout mainland China and Hong Kong. And with both Bruce Lee and Jackie Chan being amongst the martial artists drawing on the concepts of Wing Chun in their practice, its popularity sees that it remains taught worldwide, to this day. What are the principles of Wing Chun? Wing Chun is a highly fluid style of self-defense, which is designed to immediately shut down explosive and high-powered attacks. Basic Wing Chun concepts include: Simultaneous attack and defense Centerline control Constant forward pressure The techniques are designed to be performed in a relaxed manner, with reflexive responses being used to off-balance attackers and turn their own attacks against them. Wing Chun is designed to be used at high-speed and when engaging at close-range. Think 'fighting in a phonebooth' style. With this, consistent forward pressure is emphasized, and common striking targets include vulnerable soft tissue areas, like the groin and throat. Sounds pretty vicious, right? It certainly can be. But while I could pull up clips of Wing Chun masters making fools of their students - there's a big difference between the dojo and real competition. So how does Wing Chun hold up when it comes to MMA? Strengths of Wing Chun in MMA Wing Chun is all about direct action and attacking whenever an opportunity presents, which is very useful for MMA. Here are 3 of its key strengths in mixed martial arts... 1. Hand Trapping In Wing Chun, hand trapping is used to create openings for further attack, controlling an opponent's limbs by pinning their hands against their own body. Learning to immobilize an opponent in this way can be very useful in MMA, especially when fighting for grips and as a way to effectively cut off the hooking hand. 2. Economy of Motion Wing Chun can help to make your movement more direct and efficient. This is done by using the motion of attack to your advantage. Even when your offense fails, rather than withdrawing your attacks Wing Chun encourages you to keep fluid and use the motion to create a follow-up offensive. As Wing Chun uses circular interpretations in punching and kicking, the direction can also be altered during the movement. This keeps your opponent guessing and gives you a highly flexible and unpredictable style. 3. Offense as Defense As Wing Chun uses fluid in-the-pocket striking, straight punches can be very effective inside an opponent's range. When this punching technique is used alongside constant forward pressure, the barrage of attacks keeps your opponent too defensively minded to launch their own offensive. Weaknesses of Wing Chun in MMA Wing Chun is not without its flaws, though. In fact, many within the MMA space have been highly critical of Wing Chun's utility. Here's why: It Wasn't Designed for Competition Wing Chun does not have 'rules' and was not designed for use in competition. In fact, the art of Wing Chun focuses on landing strikes to 'illegal' areas, such as the groin and throat. Of course, this is a huge drawback in a sanctioned competition. If you can't use core elements of a martial art due to the rule-set, you're unlikely to get far! For example, each of the below areas is considered as a 'primary striking target' in Wing Chun - but all are illegal in most MMA competitions: Back of the headFingersThroatGroin (see Iron Crotch Kung Fu!) It's not Practical Against Trained Athletes A common criticism of many traditional, old-school martial arts is that they're great in theory, but quickly fall apart against opponents with training. While the fast-paced unorthodox striking would work nicely against a random street attacker, can you imagine using pure Wing Chun against a wrestler who's persistently working for a single-leg takedown? Or a long kickboxer who is able to keep you at his range? It'd be a nightmare. Wing Chun just doesn't teach the skills to effectively defend these types of attacks, all of which are commonplace in MMA. This ties in nicely to the third weakness of Wing Chun - its lack of ground game! No Grappling Wing Chun is a striking art. The 'trapping system' of Wing Chun and reliance on close-range striking can be highly effective. But for MMA, where many of the fights go to the ground, this is a big problem. It's similar to the age-old debate of boxing vs Jiu Jitsu. If you plan on using solely Wing Chun in MMA competition, the likely outcome is a quick takedown and finish via ground and pound, or submission. Just as importantly, Wing Chun's reliance on closing the distance and engaging with close-range striking, means you'll be fighting in your opponent's grappling range almost constantly. This puts you in the sweet spot to get taken down by a fighter with strong wrestling or Jiu Jitsu skills. Using Pure Wing Chun in MMA To my knowledge, there's only been one pure Wing Chun fighter who made it to the UFC stage, and even this was in the very early days of the promotion. His name is Asbel Concia and he fought at UFC 5... for 21 seconds. Yeah... it didn't go great. In fact, in this short fight, you can see examples of all the disadvantages I mentioned above. Concia is immediately vulnerable in grappling range, is unable to defend the takedown, and has no answer for the ground game of his opponent. Yikes. With that in mind, you may think that training Wing Chun would be pretty disastrous for MMA. But it's not that simple. In the past, elite-level MMA fighters have suggested that, due to its damage-potential, Wing Chun may actually be too dangerous for MMA... Is Wing Chun too dangerous for MMA? Considering the disadvantages highlighted above, it might seem crazy to consider that Wing Chun is too dangerous for MMA. But high-level fighters like Quinton 'Rampage' Jackson and Stephen 'Wonderboy' Thompson have previously called for certain Wing Chun techniques to be outright banned. And this is not coming from the uneducated. Wonderboy has over 70 in-competition wins and is known as one of the best strikers in all of MMA - that's about as credible as it gets. So what's the concern? Is Wing Chun a deadly martial art that should be forbidden from the UFC? Well, Wing Chun techniques are designed to viciously incapacitate an attacker - not score points in a sport competition. While Wing Chun hand strikes are designed to cause eye and throat damage, these are banned in MMA. Wing Chun kicks however aim to tear through tendons and ligaments - usually in the knees and ankles. And basically all MMA rulesets allows them. If these Wing Chun techniques are executed as they are intended, there's the potential for career-ending injuries. To be fair, Wing Chun isn't the only martial art that is subject to this criticism. The Filipino martial art of Pekiti Tirsia Kali is another fighting style that has proven effective in self defense but isn't a good fit for the rules of MMA. There's an argument to be had about how 'unsportsmanlike' techniques should be policed in MMA (take foot stomping for example). But when some of the world's best strikers are concerned about the potential for Wing Chun techniques to cause irreversible damage, it's clear that it must be a useful tool for MMA. So while using pure Wing Chun in MMA may be a no-go, incorporating aspects of the style into an overall MMA game could be a great idea. In fact, some of the world's best are already doing it... Which MMA Fighters use Wing Chun? Many athletes in the UFC use elements of Wing Chun in their attacks. For example, against the cage you'll often see hand trapping as a way to open up strikes. An example would be pinning an opponent's left wrist with your left hand, to open up a right elbow. This is a textbook example of the defend-attack principle and hand-trapping technique of Wing Chun. Of course, other martial arts like Muay Thai use close elbow strikes too, and the distinction between styles is not always clear. At the very least, this shows that Wing Chun striking has a role in an effective MMA striking offensive. Here are three specific examples of Wing Chun influence, from some of MMA's biggest stars. Tony Ferguson Tony Ferguson has multiple training videos showing him practicing on the 'Mu ren zhuang' or as it's more commonly known, the Wing Chun Wooden dummy. Even UFC color commentator Joe Rogan, who has in the past mocked Wing Chun for being ineffective, watched Tony Ferguson's training videos and had two simple words: "It works." So how does he do it? Tony is known for his unorthodox, fluid striking and constant forward pressure. Both are key elements of Wing Chun. In his UFC 229 fight versus Anthony Pettis, Ferguson could be seen using Chi Sao, a Wing Chun approach that focuses on making your hands move reflexively to create the impression of 'sticking' to your opponent. Anderson Silva Anderson Silva is undoubtedly one of the greatest combat athletes of all time. He also uses Wing Chun, and like Ferguson, is known to train with the Wing Chun dummy. The straight punch is one of the defining strikes of Wing Chun. It is used primarily because it is so difficult to telegraph. Silva is a true master of this and has caught many opponents off-guard with fast strikes that are not visibly 'loaded' in his body movement. Intercepting by deflection is another key tenet of Wing Chun and one that Anderson is famous for. His fluid hand movement benefits from the 'economy of motion' and makes his striking highly unpredictable. While Silva doesn't use forward pressure in the way Ferguson does, he's also been seen to use other Wing Chun techniques in his fights, like Tan Gerk (vs Nick Diaz) and Bong Sao (vs Michael Bisping). Jon Jones Jon Jones is famous for his knee stomp kick (also known as an oblique kick). This is one of the controversial techniques mentioned earlier, as it can tear up the knee joint. Indeed, in Wing Chun, you are taught to kick towards the knees specifically because of the joint weakness at certain angles. Why is this effective in MMA? Well, apart from the direct damage to the knee joint, it also keeps an opponent at range, preventing them from grappling. Buckling the knee also disrupts balance and striking rhythm, forcing your opponent to reset. Similar to Anderson Silva's straight punches, knee stomp kicks are also very difficult to predict. Most fighters read intention from shoulder movement, and this is minimal in the oblique kick set up. How Can You Learn Wing Chun? Are you sold on the benefits of adding Wing Chun techniques to your repertoire? If you want somewhere to start, here are my suggestions for getting started in the art of Wing Chun: Understand the 'centerline' principle and stance For your warm-ups, try incorporating Wing Chun footwork drills Learn the core Wing Chun hand forms Practice hand drills on a traditional Wing Chun dummy or wall bag Once you've got the basics down, be creative and try to throw the occasional technique into your sparring, or traditional bag sessions. The Bottom Line So we've gone back and forth sparring with the idea of Wing Chun in MMA. So what's the deal? Is it legit? I'll say this... Jon Jones is widely considered as the number one pound-for-pound fighter on planet earth right now. Before him, it was Anderson Silva. Tony Ferguson is a former Interim World Champion and just came off an 8-year win streak. They all use elements of Wing Chun in their striking arsenals. For me, that's more than enough evidence that Wing Chun is useful for MMA. The key is knowing how to incorporate it and adapt it to an overall gameplan. As a standalone martial art, it's simply not good for MMA. Wing Chun is not a complete system and success in single-style MMA is a thing of the past. Still, Wing Chun can (and arguably, should) be used in your MMA training. It's not intended for MMA competition, but the principles which it uses can be adapted and used to great success.

