



Ving Tsun / Wing Chun  
Student's Manual

# Welcome to the Kung Fu House!

Dear Student,

Welcome to the Kung Fu House, where the timeless art of Ving Tsun / Wing Chun as taught by the legendary Yip Man and Moy Yat comes to life. We are honored that you have chosen to embark on this martial arts journey with us.

At the House of Kung Fu, we believe in fostering a supportive and enriching environment where students of all levels can thrive. Our community is built on the principles of respect, discipline, and continuous improvement. As you step into our training area, you join a lineage that has been passed down through generations of dedicated practitioners.

Our program is designed to take you from the fundamental concepts and techniques of Ving Tsun / Wing Chun, providing you with a solid base upon which to build your skills to the most advanced and deep layers of the system.

Ving Tsun is more than just a martial art; it is a way of life that promotes balance, self-awareness, and inner peace. As you progress through the ranks, you will not only develop physical prowess but also gain a deeper understanding of yourself and the world around you.

We encourage you to approach your training with an open mind and a willing spirit. Remember that every master was once a beginner, and each step you take brings you closer to your goals. Embrace the challenges, celebrate the victories, and most importantly, enjoy the journey.

Welcome to the House of Kung Fu family. We look forward to seeing you grow and succeed in your martial arts practice.

With respect and best wishes,

*The House of Kung Fu Team*

## Brief History of House of Kung Fu

House of Kung Fu was founded by Rafael Gonzalez, a native of San Juan, Puerto Rico, whose lifelong passion for martial arts was ignited by his father's introduction to Bruce Lee. From a young age, Rafael was captivated by everything Asian, particularly martial arts and philosophy. His fascination led him to explore various styles and immerse himself in the rich traditions and teachings of Eastern martial arts.

However, it was a violent experience that profoundly shaped Rafael's perspective on martial arts. He realized the critical need for martial arts to be practical and effective for self-defense, not just an exercise in kung fu fever. This pivotal moment redirected his approach, focusing on the real-world applicability of martial arts techniques.

Despite this practical emphasis, Rafael has always recognized and valued the philosophical, communal, and supportive aspects of martial arts training. He understands that true martial arts practice nurtures the body, mind, and spirit, fostering a well-rounded and enriched life. This holistic approach to training is at the heart of House of Kung Fu.

In addition to his extensive martial arts background, Rafael is a professional fitness trainer and motivational coach. His proficiency spans various combat ranges and platforms, reflecting his dedication to mastering multiple martial arts styles. Rafael proudly represents the Yip Man -Moy Yat-Moy Don lineage, embracing all its facets, from the practical to the cultural.



Along with a team of very skilled and knowledgeable team of instructors, Rafael's mission with House of Kung Fu is to bring the authentic kung fu lifestyle to his students. He aims to help them overcome insecurities, develop self-defense skills, and become better members of society. Through rigorous training, philosophical study, and a supportive community, House of Kung Fu offers a comprehensive martial arts experience that enriches lives and promotes personal growth.

Welcome to House of Kung Fu, where tradition meets practicality, and martial arts become a way of life.

## **The Importance of Tradition and Respect in Kung Fu Practice**

At House of Kung Fu, we hold the values of tradition and respect in the highest regard. Our practice is rooted in a generations-old tradition that has been passed down through countless practitioners, each contributing to the rich tapestry of Kung Fu. This lineage is more than a historical curiosity; it is a living, breathing legacy that shapes our training, our values, and our way of life.



*Great Grandmaster Yip Man*

## **Preserving a Timeless Tradition of Servicing Others**

A fundamental aspect of our tradition is the emphasis on being of service to others. Through Kung Fu, we learn discipline, humility, and compassion—qualities that extend beyond the training area into our everyday lives. By helping others and contributing to our community, we embody the true spirit of Kung Fu. This selflessness and dedication to the well-being of others strengthen the bonds

within our school and our larger community.

## **Honoring Our Lineage**

Respect is the cornerstone of our practice. We honor those who came before us by maintaining the integrity of their teachings and passing them on with the same dedication and reverence. This respect extends to our fellow practitioners, fostering a supportive and encouraging environment where everyone can thrive. By recognizing and appreciating the efforts of our predecessors, we ensure that their contributions are never forgotten and that their legacy continues to inspire future generations.

## **A Holistic Approach**

At House of Kung Fu, we believe in a holistic approach to martial arts. Training the body through physical practice is essential, but equally important is the cultivation of the mind and spirit. Our practice integrates philosophical study, mindfulness, and ethical principles to create a well-rounded and balanced individual. This holistic approach not only enhances our martial arts skills but also enriches our lives, helping us become better individuals and members of society.



*Grandmaster Moy Yat*

## **A Culture of Mutual Support**

The culture of mutual support at House of Kung Fu reflects our deep respect for tradition and each other. We train together, learn together, and grow together, creating a community where everyone is encouraged to reach their full potential. This supportive environment fosters personal growth and collective strength, ensuring that each member can contribute positively to the community.

## **Continuity and Legacy**

By preserving tradition and practicing with respect, we honor the past, enrich the present, and secure the future of Kung Fu. We are the current stewards of this ancient art, and it is our responsibility to pass it on to the next generation in its purest form. This continuity ensures that the lessons, values, and skills of Kung Fu will continue to benefit others for years to come.

In conclusion, the importance of tradition and respect in Kung Fu practice cannot be overstated. At House of Kung Fu, we are committed to maintaining these principles, knowing that they are the key to a meaningful and impactful martial arts journey. Together, we honor the past, support the present, and pave the way for a brighter future.

***“For those who came before, those who are here now and those who will come after”***

***-Rafael Gonzalez***

# School Rules and Etiquette

## General Conduct

1. **Respect All Members:** Show respect to instructors, fellow students, and visitors always. Treat others as you wish to be treated.
2. **Punctuality:** Arrive on time for classes and events. If you are late, enter quietly and wait for the instructor's permission to join the session.
3. **Cleanliness:** Maintain personal hygiene and ensure your uniform is clean. Help keep the training area tidy by picking up after yourself.
4. **Safety First:** Always follow the instructor's guidelines for safety. Report any injuries or unsafe conditions to an instructor immediately.

## Training Etiquette

5. **Bow In and Out:** Bow when entering and leaving the training area as a sign of respect to the space and tradition.
6. **When being instructed:** Pay attention to the instructor's directions and execute them to the best of your ability. Bow to the instructor after you have received an instruction or correction. If you have questions, ask respectfully.
7. **No Unauthorized Sparring:** Only engage in sparring or other combat drills when supervised by an instructor.
8. **Protective Gear:** Wear appropriate protective gear during sparring and other high-intensity drills as directed by the instructor.

## Uniform and Equipment

9. **Proper Attire:** Wear the designated uniform for all training sessions. Remove any jewelry or accessories that could cause injury.
10. **Equipment Care:** Treat all training equipment with respect. Return it to its proper place after use and report any damage to an instructor.

## Attitude and Mindset

11. **Positive Attitude:** Approach your training with a positive and open mindset. Encourage and support your fellow students. Remember we are all making an effort to be present, we owe our very best to those entrusting us with their time and effort.
12. **Focus:** Maintain focus during training sessions. Avoid unnecessary talking or distractions. We set the example for those who follow.

13. **Continuous Improvement:** Strive for continuous personal improvement. Accept feedback graciously and use it to enhance your skills.

### **Community and Responsibility**

14. **Help Each Other:** Assist new students and help create a welcoming environment. Share your knowledge and experience generously.

15. **Represent the School:** Conduct yourself honorably both inside and outside the training area. You are a representative of House of Kung Fu.

By following these rules, you contribute to a safe, respectful, and enriching training environment for everyone. Thank you for your cooperation and dedication to maintaining the high standards of House of Kung Fu.

Train hard, stay humble, and embrace the journey.



# ORIGINS

The Wing Chun system, also known as Ving Tsun, is a Chinese martial art with roots in the Southern Shaolin Temple during the Qing Dynasty. The legend of its origin begins with the Five Elders, who were the only survivors of the temple's destruction by the Qing forces. Renowned martial artists and strategists, they fled to preserve and teach their martial knowledge.

Ng Mui, a Buddhist nun and one of the Five Elders, while contemplating a fight between a Crane and a Snake, got inspired to develop a new fighting style that focused on efficiency, simplicity, and directness, making it accessible to people of smaller stature. During her travels, Ng Mui encountered a young woman named Yim Wing Chun, who was being harassed by a local warlord. Ng Mui taught her the new fighting system, which Yim Wing Chun used to defend herself successfully. The system was then named after her.



Over the centuries, Ving Tsun / Wing Chun was passed down through various masters, each contributing to its evolution. In the 20th century, Yip Man, one of the most renowned Wing Chun masters, brought the art to Hong Kong and popularized it. Yip Man's teachings greatly influenced the spread of Wing Chun worldwide. Among his notable students was Bruce Lee, who further increased Wing Chun's popularity by incorporating its principles into his own martial arts philosophy, Jeet Kune Do.

Today, Wing Chun is practiced globally, valued for its practicality, close-range combat techniques, and philosophical approach to self-defense. The legend of the Five Elders and Ng Mui's creation underscores the system's origins in resilience, adaptability, and the pursuit of efficient self-defense.

## **The Legacy Continues**

Yim Ving Tsun / Wing Chun practiced diligently, mastering the techniques taught by Ng Mui. She eventually confronted the warlord and defeated him, securing her freedom. Based on this, the system was named after her.



## Modern Development

Wing Chun / Ving Tsun remained relatively obscure until the early 20th century when it was brought to wider attention by Grandmaster Yip Man. Yip Man, a master of Wing Chun / Ving Tsun, opened the first public school for the art in Hong Kong. His teachings attracted many students, including the legendary Bruce Lee, who would go on to popularize Wing Chun / Ving Tsun and its principles around the world.

Yip Man's legacy lives on through his students and their successors, who continue to preserve and evolve the art. The lineage of Wing Chun / Ving Tsun, including notable figures like Moy Yat, ensures that the core principles and techniques of this martial art remain vibrant and relevant.

## Wing Chun / Ving Tsun Today

Today, Wing Chun / Ving Tsun is practiced worldwide by martial artists of all backgrounds. Its emphasis on practicality, efficiency, and adaptability makes it a popular choice for self-defense and personal development. Practitioners of Wing Chun / Ving Tsun not only learn to defend themselves but also cultivate discipline, focus, and inner peace.

At the House of Kung Fu, we honor this rich tradition by teaching Ving Tsun / Wing Chun as it was passed down through the generations. We strive to preserve its legacy while adapting its principles to modern-day needs, ensuring that this remarkable martial art continues to inspire and empower students for generations to come.

# Key Figures

## Great Grandmaster Yip Man (Ip Man)

**Yip Man**, also known as Ip Man, is one of the most revered figures in the history of Wing Chun / Ving Tsun. Born on October 1, 1893, in Foshan, Guangdong Province, China, Yip Man began his martial arts training at a young age under the guidance of his uncle, who was a practitioner of Wing Chun. His training intensified when he studied directly under the renowned Grandmaster Chan Wah Shun.

### Legacy and Contributions

Yip Man's impact on Wing Chun / Ving Tsun was profound. After relocating to Hong Kong in the late 1940s, he became one of the first to publicly teach Wing Chun / Ving Tsun, establishing his school in Kowloon. His decision to teach publicly marked a pivotal moment in the history of the art, as it



led to the widespread dissemination of Wing Chun / Ving Tsun beyond the confines of Southern China.

Yip Man's teaching emphasized the art's practical and efficient techniques, which were well-suited for self-defense. His approach was grounded in the core principles of Wing Chun / Ving Tsun: simplicity, directness, and economy of motion.

One of Yip Man's most famous students was Bruce Lee, who went on to become a global icon and significantly contributed to the popularization of martial arts worldwide. Yip Man's influence extends through his numerous students and their continued practice and teaching of Wing Chun / Ving Tsun, ensuring that his legacy lives on.

Yip Man passed away on December 2, 1972, but his contributions to martial arts continue to inspire practitioners around the world.

## **Grandmaster Moy Yat**

As a prominent Wing Chun / Ving Tsun master and a direct disciple of Yip Man. Born in 1938 in Foshan, Moy Yat began his training in Wing Chun / Ving Tsun at a young age. Under Yip Man's tutelage, he became one of the most skilled and knowledgeable practitioners of the art.

### **Legacy and Contributions**

Moy Yat is credited with significantly contributing to the spread of Wing Chun / Ving Tsun, particularly in the United States and other Western countries. In 1968, he moved to Hong Kong and opened his own Wing Chun / Ving Tsun school, where he continued to refine and teach the art.

In 1974, Moy Yat relocated to the United States, where he established the first Wing Chun / Ving Tsun school in New York City. His efforts were instrumental in introducing Wing Chun / Ving Tsun to the Western world, and he quickly became known for his detailed and systematic approach to teaching.

Moy Yat was not only a master of Wing Chun / Ving Tsun but also a dedicated educator who sought to preserve the traditional values and techniques of the art. His emphasis on the philosophical and cultural aspects of Wing Chun / Ving Tsun helped students understand the deeper significance of their practice.

Moy Yat's influence extended through his students and the schools he established, creating a global network of Wing Chun / Ving Tsun practitioners. He passed away on July 2, 1993, but his legacy endures through the many schools and practitioners who continue to honor his teachings.



## **Thornton Williams (Moy Don)**



Thornton Williams has over 40 years of martial arts experience, beginning his journey in 1970 with Judo at the age of 17. His Judo achievements are extensive, including earning a first-degree black belt and holding the title of Regional Judo Champion for over four years in his weight class. He was also the State Judo Champion of Florida for four consecutive years and the first Sunshine State Judo Champion in his division, an event like the Florida Olympics. In addition to competing, Thornton taught Judo as an accredited course at Florida Agricultural and Mechanical University for over five years and led the FSU Judo Club for more than seven years. He also competed in two National Judo competitions, including pre-Olympic

events.

In 1983, after 16 years of Judo training, Thornton transitioned to studying Wing Chun/Ving Tsun Kung Fu in Tallahassee, Florida, under the instruction of Brian Carruthers. He also trained with Rex Aperauch, who is recognized for introducing Moy Yat Ving Tsun Kung Fu to Florida. In 1989, Thornton began traveling to New York to further his Wing Chun/Ving Tsun training at Grandmaster Moy Yat's school. Over the next decade, he frequently trained with Grandmaster Moy Yat, staying at his home and immersing himself in the "Kung Fu life." Thornton was one of the few students to learn the complete Wing Chun/Ving Tsun system and has since trained numerous students and established branch schools across the United States.

## **Rafael Gonzalez**

Rafael Gonzalez began his martial arts journey at the age of 12, training in various Japanese, Chinese, and Filipino systems, earning ranks in each discipline. At 16, he started training in Wing Chun/Ving Tsun, and by 17, he became an assistant instructor for his first Sifu. At 19, he opened his first training school and has since trained hundreds of students for over 30 years. He established schools in Puerto Rico and Texas. Raised in dangerous places Rafael made his martial arts focus to teach combat and self-defense to those more vulnerable, studying from various Yip Man (Ip Man) lineages. As a personal trainer and coach, Rafael has achieved great success in helping his students meet their goals. After developing a strong bond with Thornton Williams, he was admitted as an indoor disciple and is a member of the Moy Yat-Moy Don Special Students Association.



# Fighting Principles

## **Centerline Theory**

The centerline theory is a fundamental principle in Ving Tsun / Wing Chun, emphasizing the importance of controlling the central axis of both the practitioner's and the opponent's bodies. This imaginary line runs vertically through the body, from the top of the head to the groin. By focusing attacks and defenses along this line, a Ving Tsun / Wing Chun practitioner can maximize efficiency and effectiveness. Controlling the centerline allows for better protection of vital areas while simultaneously enabling direct and powerful strikes to the opponent's weakest points.

## **Economy of Motion**

Economy of motion in Ving Tsun / Wing Chun is about achieving maximum efficiency with minimal movement. This principle ensures that every action, whether offensive or defensive, is as direct and effective as possible. Instead of relying on elaborate techniques or wide, sweeping movements, Ving Tsun / Wing Chun emphasizes short, precise motions that conserve energy and reduce reaction time. This focus on simplicity and efficiency allows practitioners to respond swiftly and adapt to changing combat situations, making the system both practical and highly effective in real-world self-defense scenarios.

## **Simultaneous Attack and Defense**

Simultaneous attack and defense are a hallmark of Ving Tsun / Wing Chun, enabling practitioners to counter an opponent's strike while launching their own in a single, fluid motion. This concept reduces the time spent solely on defense, allowing for continuous pressure on the opponent. Techniques such as the Tan Sau and punch combination exemplify this principle, where a block deflects an incoming attack while a strike is delivered simultaneously. This dual-action approach not only disrupts the opponent's rhythm but also creates opportunities for immediate counterattacks, maintaining offensive momentum.



## Sensitivity Training

Sensitivity training, particularly through chi sao (sticky hands) exercises, is essential in Ving Tsun / Wing Chun. This practice hones a practitioner's ability to detect and respond to the opponent's movements through tactile feedback rather than visual cues. By maintaining continuous contact with the opponent's arms, a practitioner can sense shifts in force and direction, allowing for instinctive and adaptive responses. This heightened sensitivity enables effective control of the opponent's centerline and facilitates the seamless integration of defense and attack, making Ving Tsun / Wing Chun highly adaptable and reactive in close-quarters combat.



## Empty Hand Forms

Training structure is based on a series of forms that teach various aspects of the art, from basic empty-hand techniques to weapon handling. Each form serves a specific purpose and contributes to the practitioner's overall development, helping to cultivate essential skills for self-defense and close-quarters combat.

1. **Siu Nim Tao** Siu Nim Tao, the first form in Ving Tsun / Wing Chun, establishes the foundation for all subsequent training. It focuses on basic hand techniques, proper stances, and the concept of the centerline. Practitioners learn fundamental positions and movements, emphasizing relaxation, structure, and precise energy application.
2. **Chum Kiu** Chum Kiu, the second form, builds upon the basics learned in Siu Nim Tao by introducing movement and turning techniques. This form teaches how to bridge the gap between oneself and the opponent, combining hand techniques with coordinated footwork. It enhances balance, the ability to turn and pivot, and the use of the hips for generating power.
3. **Biu Jee** Biu Jee, the third form, focuses on emergency techniques, power generation, and advanced strikes. This form includes more dynamic and extended movements, training practitioners to recover from compromised positions and deliver powerful, precise strikes. Biu Jee emphasizes flexibility and adaptability in various combat situations.

## Wooden Dummy Form

4. **Muk Yan Jong** The wooden dummy form, Muk Yan Jong, is designed to refine a practitioner's techniques through practice against a wooden dummy. This form helps improve structure, timing, and precision by simulating an opponent. It allows practitioners to perfect their positioning, angles, and the flow of techniques in a more realistic setting.

## Weapon Forms

5. **Luk Dim Boon Gwan (Long Pole)** The long pole form, Luk Dim Boon Gwan, enhances strength, coordination, and long-range techniques. Practicing with the long pole develops the practitioner's ability to generate and control power from a distance. It also improves the understanding of leverage and body mechanics.
6. **Baat Jaam Dou (8 Way Cutting Swords)** The swords form, Baat Jaam Dou, focuses on short-range power, precision, and weapon proficiency. This form trains practitioners to wield the swords effectively, developing their skills in close-quarters combat. It emphasizes swift, powerful strikes and the ability to defend against multiple angles of attack.

Together, these forms provide a comprehensive training regimen that builds balance, fluidity, strength, and combat effectiveness essential for Ving Tsun / Wing Chun practitioners.

In summary, the system includes **three** empty-hand forms and **three** forms with equipment: one with the Wooden Dummy and two with weapons.

# Words of Encouragement

## Importance of Perseverance and Dedication

Perseverance and dedication are crucial in mastering Ving Tsun / Wing Chun. Progress may be gradual, but consistent practice and commitment lead to profound improvements in technique, understanding, and overall skill. Embrace challenges as opportunities for growth, and remember that each step forward, no matter how small, brings you closer to mastery.

## Building a Lifelong Practice of Ving Tsun / Wing Chun

Ving Tsun / Wing Chun is not just a martial art but a lifelong journey of self-discovery and personal development. Regular practice can improve physical fitness, mental clarity, and emotional resilience. Integrate Ving Tsun / Wing Chun principles into your daily life, and allow the art to continually enrich your experience, both on and off the training area.



# Contact Information

## **How to Reach Instructors for Questions or Extra Help**

Our instructors are here to support your journey in Ving Tsun/ Wing Chun. For questions or extra help, you can freely contact your local instructor, we are accessible and would love to help you achieve your goals. We encourage you to seek guidance whenever needed to ensure you make the most of your training.

## **Information on Upcoming Seminars and Events**

Stay updated on upcoming seminars and events by visiting our website at [www.kungfu.house](http://www.kungfu.house) or following us on social media]. These events offer valuable opportunities to deepen your knowledge, refine your skills, and connect with the broader Ving Tsun/ Wing Chun community.

