

# Patriarch of all Wing Chun

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By Y. Zderiglazov

Huynh Ngoc An, "Flying Tiger", is 40 age, medium height (155 cm), dignified and highly respected Master of Wing Chun Kung Fu, real Patriarch of the Eastern martial art.

Master An has been practising Kung Fu over 30 years. At the age of 18 he became an instructor of this martial art. This passion did not prevent him from studying at the philosophic faculty of one Vietnam University. But he devoted all his life to his favorite martial art rather than became a scientist. His both sons are also keen on Wing Chun. His elder son is teaching others following his father's example.

There are a lot of Eastern martial art schools in Odessa. One can find a Wing Chun school also. That's why Huynh Ngoc An came here to see with his own eyes how training classes are being conducted and to hold seminars for those who wish to uncover the secrets of Wing Chun Kung Fu. Thanks to the arrival of Master An the popularity of the Odessa Wing Chun school has grown.

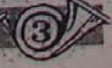
So, what is Wing Chun? What are its roots? What is the difference compared to other Eastern martial arts?

It was set up in Manchuria 300 years ago. The Chinese made up the bulk of population but the Manchurian family came into power. Natives were largely oppressed. But the authorities were afraid of the Shaolin Temple, the cradle of the Eastern martial arts. The Shaolin Temple was the training center symbolizing power and independence of China and preparing the revolt against the ruling Manchu. It was



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uncovered and punitive forces were sent there. The monks put up a stubborn defense but due to the tricks of traitors the Temple was occupied and then destroyed. Five high rank monks managed to escape. Having undergone a lot of terrible ordeals just one nun survived. This nun Ng Mui came to the Temple called White Crane and began to create a new fighting technique.

In Guan Dun there lived a young woman Yimm Wing Chun (Eternal Springtime for English). Tired with harassment on the part of a local official she took the patronage of the nun. The latter started teaching her many things. Once Wing Chun saw a leopard and a tiger fighting. Soon after she created a fighting method of five living creatures: crane, snake, tiger, leopard, and dragon. By the way, the number – 5 – is introduced deliberately. It symbolizes the five best human features: flexibility, intelligence, steadfastness, courage, and soberness. It also symbolizes five elements of the Eastern philosophy: humaneness, obedience, politeness, intelligence and belief.

Afterwards the new fighting style was named after Wing Chun by her husband.

This school features a very difficult system of ranks corresponding to certain degrees of mastership. Among the five belts the White belt is the most prestigious. Huynh Ngoc An is the holder of the White belt with fringes being the symbol of the highest rank.

The basic distinctive feature of Wing Chun consists of brisk, straight and effective strikes. The fighting technique focuses on minimum resistance. Among different weapons short sticks and two knives are preferred.

Master and his pupils always say that the person who adheres to all the precepts of the founder can recover from many diseases and weaknesses. All what they need is persistence. Special respiratory gymnastics being offered at training classes can influence and control certain organs at one's will. Energy consumption is very low.

Master An has demonstrated some of the techniques. He made his hand as strong as iron in a split second, then moved his heart from one part of his chest to another.

What wonderful persons visit Odessa from time to time!

