

# Kung Fu is an Art

Article from Sports section of "Fact" Newspaper, published in Moscow and Moscow Region

18.05.1996

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Photo by A. Oreshina

**Traditional Chinese martial arts remain a mystery for most people. We usually see Kung Fu being preformed in movies with Bruce Lee and Jackie Chan.**

**Today Kung Fu clubs and schools are opened in US, Europe and other parts of the world, including Russia. As most martial arts Kung Fu has a lot of styles. Wing Chun is one of the prevalent styles and it has been developing during the last 300 years both in China and Vietnam.**

Wing Chun Kung Fu differs from traditional styles by speed and effective short distance fighting techniques when meeting a physically superior contestant. Wing Chun is more dynamic and contact. A special system of respiratory exercises that strengthen the body and mind was then introduced to minimize losses. Practical training represents simultaneous smooth motions with puffing and fizzling sounds uttered by the learners.

Wing Chun style appeared in Russia several years ago. By far several schools have been opened in different cities of Russia, including Moscow and Moscow Region.

One of the schools in Moscow region has recently held a performance prepared by young learners. Boys and girls tried to show their best techniques because their special guest was Patriarch of Vietnamese Wing Chun Kung Fu, Huynh Ngoc An.

The performance consisted of gymnastic exercises and fights. As we said, the style focuses on delivering a large number of powerful attacks, that is why kids did not spare themselves and exchanged blows rapidly. It should be noted that no formal rules and regulations as applicable during the fights.

In addition to fighting, Wing Chun Kung Fu also teaches philosophy, astrology and medicine to develop competitive spirit in its learners. That is why the followers call Wing Chun an art and not just a fighting style.



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