

“Eternal Spring” Has A Real Master

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One of the styles of Wing Chun Kung Fu can now be practiced in Bashkiria. There are more than 400 students in the city of Ufa in the school of Master Ann, which was established in 1995. Wing Chun is translated as “Eternal Springtime”. An ancient legend says that the style was created by a nun of the Shaolin Temple. The style is based on harmony between the human and the nature. softness, pliability and flexibility. This explains the popularity of Wing Chun Kung Fu among the ladies of all ages.

The ancient sources define Kung Fu means as “the perfect quality of life”. Nowadays everyone can practice it, from 7 year to extreme old age.

The school in Ufa is managed by Master Huynh Ngoc An, Grandmaster of Vietnamese Wing Chun Kung Fu. Students call him Shi-Fu, which means “Sage Teacher”. During his ten years of life in Russia Master An opened a lot of schools in various cities of Russia, with 6 in Moscow alone. All schools are part of the All-Russian Federation of Wing Chun Kung Fu.

The students of this school follow particular rules and principles both in classes and in real life that is humaneness, firmness, politeness, intelligence, and logicity. Wing Chun Kung Fu is Master An’s way of life. He says: “I do Kung Fu all day long.

Master An visits Ufa three times a year, when special seminars and exams are held. There are no contests. Exams include a range of physical and technical exercises and sparrings. The number and difficulty of exercises increases with each rank or “cap”.

Chief instructors of Ufa school are Stas Popov and Dmitry Krasheninnikov. Together with other 10 instructors they run classes in several gyms of the city.

Master An’s rank is 10th Dan. Compared to military ranks he could be called a “Marshal”. Master An is very talented and often acts out real-life situations. For example: “Why do people start taking Kung Fu classes?” Someone got beat up, someone was robbed – there are a lot of reasons. Master makes an impression of a weak person and starts to complain. Then, sharply, he says - “You should not wine like that, if you are to control your life! If you think of your self as a weak person – you will be a weak person! Start changing your attitude towards life right now”.

This year several instructors were ill with local type of pneumonia. However, it took them only a month to get better compared to other patients. They were able to do so by practicing special Khi Cong breathing exercises, which are part of Vietnamese Wing Chun Kung Fu.

Khi Cong helps to clean and strengthen the body and mind. Master An uses Khi Cong in everyday life. Once he went to a dentist and much to everyone’s surprise fell asleep during drilling without anesthetics.



Master An started training when he was 8 year old at school of the former Wing Chun Kung Fu Patriarch. Now Master An himself is the Grandmaster His symbol is the waterfall being powerful and mild at the same time.

Master An readily shares his knowledge of Wing Chun with all his students and each of them learns to the best of his/her ability.

If one asks about any book on Wing Chun Kung Fu, the answer will be: “There is no books but a real Master”.

Photo: Master (in the center) and his students

