



Modern Wing Chun Kung Fu: A Guide to Practical Combat and Self-Defense

Eric Oram

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Using a three-part perspective on the traditional art, this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat. The first part addresses fundamentals such as the history, life benefits, concepts, principles, and basic training—including footwork, kicks, arm movements, and reflexes—that characterize the art. Bridging the gap between wing chun and other fighting styles, the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing, grappling, and karate. The third and final section discusses how this particular brand of kung fu is highly effective in street combat—both empty-handed and with weapons—as well as against single and multiple opponents.

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