

# Grandmaster Donald Mak

Seminar in Vienna, Austria

5 – 7 April 2024



## Topic: The Essential Nature of Bong Sau

Many of the Wing Chun practitioners might have a view that Bong Sau, as one of the signature techniques of Wing Chun is trained in most of the time for blocking attacks. However, do you ever have the doubt that it looks ineffective in blocking attacks, especially for the fast and furious incoming punches and jabs in a real street fight?

Then, you may ask: why do we train so hard learning it?

On top of this question, you may also ask:

1. Why is *Bong Sau* performed while sideward stepping in the 2<sup>nd</sup> section of *Chum Kiu*?
2. *Bong Sau* is first introduced in the *Siu Nim Tau* and is then taught as a core element of *Chum Kiu*. Also, six of the eight sections in the Wooden Dummy form involve a *Bong Sau* technique. Are they just repetition or training for different applications?
3. What is the rattan string concept as taught in the two-person *Bong Sau-Lap Da* Cycle Drill?



*By the end of the seminars, all these doubts will be cleared as Grandmaster Donald Mak will decipher the essential nature of Bong Sau, and together with practical exercises to explain its applications embodied in Siu Nim Tau, Chum Kiu and Muk Yan Jong.*

### 3 Seminar Sessions:

Fr. 5.4. 18.00 – 20.00

Sa. 6.4. 10.30 -12.30 & 14.00 – 16.00

Price: 150 € (Long Zentrum members: 135 €)

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