

# ART & SCIENCE

## ~ WING CHUN KUNG FU ~

### *Six Week Challenge*



**WEEK ONE**

**~ INTERNAL MUSCLE STRENGTHENING ~**

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# Table Of Contents

INTRODUCTION	01
BENEFITS OF THE SIX WEEK CHALLENGE	04
SIX WEEK "HABIT STACKING" PROGRAM	05
TRAINING TECHNIQUES	06
PSOAS MUSCLES MAJOR & MINOR	07
OPEN CLOSE STANCE	08

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# INTRODUCTION

## MUSCLE TENDON CHANGE

Bodhidharma was a Buddhist monk from India who lived during the 5th to 6th century. He is credited with bringing Chan Buddhism to the Shaolin Temple.

At the Shaolin Temple he created two exercises to strengthen the Shaolin Monks for long periods of meditation which can last weeks to months.

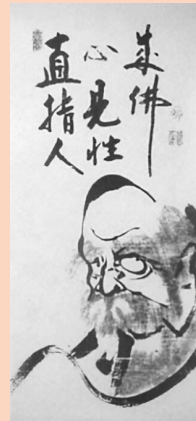
The two exercises are the Muscle Tendon Change and Bone Marrow Cleansing Classics.

The Shaolin Monks integrated Muscle Tendon Change, Bone Marrow Cleansing, and Taoist Qigong, with martial arts.

The unification of the three arts created the most famous martial arts styles that have been spread around the world.



"The moon through a crumbling window" in the "A Hundred Aspects of the Moon" Series. Bodhidharma, by Yohistoshi, 1887.



The Japanese calligraphy reads "Zen points directly to the heart, see into nature and become Buddha, by Hakuin Ekaku (1686 to 1769)"

## HISTORY OF WING CHUN KUNG FU

Ng Mui was a Buddhist nun who created Wing Chun during the Qing Dynasty in China.

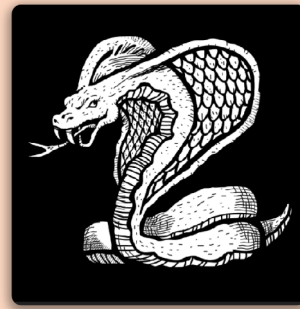
According to legend, Ng Mui was inspired to create Wing Chun after watching a fight between a crane and snake.

She imitated their movements and techniques then incorporated into a new form of martial art.

The teachings focused on practicality efficiency, and adaptability, making Wing Chun suitable for people of all ages and sizes.



White Crane



Cobra Snake

## WING CHUN PROVERBS

The Yi Zhi Keem Yueng Ma is the "Mother Stance."

A weak body begins with strength training.

Fill the lower abdomen "Dan Tien" with deep breathing.

To improve blood and chi circulation into all parts of the body.

Form a pyramid with your weight centered in the Dan Tien, with your toes pointed inward.

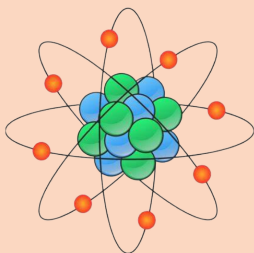
The eyes are focused, sharp, and look straight ahead.

The mood is bright, and the mind is clear.

Then you will be in the state of internal calmness, peacefulness, and steadiness.

## MODERN WING CHUN

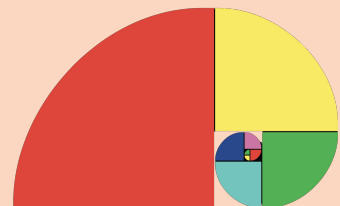
Wing Chun is a scientific kung fu system and will naturally evolve with modern science.



Neuro Science



Vortex Mathematics



Phi Spiral

## WHAT ARE FREQUENCIES

Albert Einstein claimed that every substance has a vibration and the electromagnetic field produced by a cell reflecting its vibration frequency. Match the frequency of the reality you want and you cannot help get that reality.

According to Nikola Tesla, if you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

Each of the 12 major acupuncture meridians and its acupoints has different frequencies that effects the functions of the body.

When the frequencies of the 12 major acupuncture meridians are out of tune, fatigue, illness, or pain is the result.

When the the frequencies are in tuned, the acupuncture meridians will flow in harmony.

Fine tuning the acupuncture meridians along with their acupoints will greatly improve the function of the entire body mind, and spirit.

## **INTERNAL MUSCLE STRENGTHENING SUPER ACCELERATED LEARNING**

Six groups of body internal muscles are encoded with frequencies fine tuning the muscles.

The 3 steps for tuning up the muscles are as follows:

1. visualization
2. stretch
3. shock breath

## **WHAT IS HABIT STACKING**

Attempting to change a or develop new habits are difficult.

Habit stacking makes new habits last.

It involves stacking the new behavior onto to a current behavior to help you remeber to do it with less mental effort.

## **HABIT STACKING TRAINING**

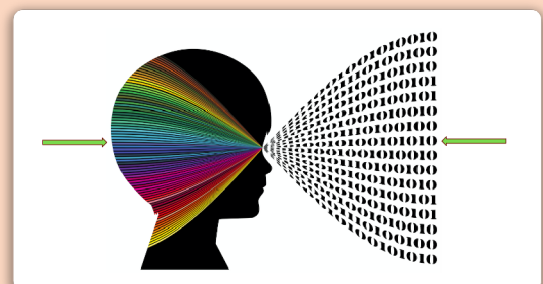
Select an established habit you do everyday.

Set the image for focusing.

Focus on the image.

Feel the image in your body.

Do the shock breath.



## **SHOCK BREATH**

1. Take 2 sniffle breaths into your nose.
2. Suction in shock breath with your mouth.
3. Breathe out your mouth with a Haw sound.

# BENEFITS Of THE SIX WEEK CHALLENGE

1. increase energy
2. *good posture*
3. improve the flow of Wei Qi
4. boost athletic ability
5. increase endurance
6. increase hand and foot speed
7. faster recovery after over exertion
8. faster recovery after injury
9. strengthen tendons
10. increase bone strength
11. loosen and relax muscles
12. enhance overall health
13. maintain healthy body weight
14. lose inch to inches off the waist
15. improve digestion
16. complete bowel movements
17. build self-confidence
18. eliminate neck discomforts
19. improve peripheral vision
20. deep breathing to the Dan Tein
21. innate ability to reduce stress
22. improve cardiovascular circulation
23. warms the hands and feet
24. calms the mind
25. *low back pain*
26. *knee pain*

