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## The Chu Shong Tin (MWC) method of Wing Chun

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Wing Chun is a fairly well-known system Kung Fu thanks to Bruce Lee. In the last decade, it has become even more popular with the release of the handful of “Ip Man” movies. Today, it is estimated that over 2million people are practicing Wing Chun around the world, not only from the Ip Man lineage but many other lineages as well.

Even though all these masters and practitioners around the world use the same name for the art (although sometimes spelt differently in English such as Ving Tsun instead of Wing Chun), they actually have vast differences in their philosophy and methods of practice. Naturally, this leads to completely different results in the end. While on the surface the external movements and basic principles such as the ‘Centreline theory’ look the same, the internal engines and what goes on in the mind and body behind each movement can be very different.

Grandmaster Chu Shong Tin (CST) was coined ‘The King of Siu Nim Tao’ by his teacher Ip Man within the first decade of his practice. In CST’s point of view, without correct understanding and ability in Siu Nim Tao, one is not able to bring forth the internal power and reach the depths of the art. Siu Nim Tao is the first and fundamental form of Wing Chun and its name can be translated to ‘little idea’. Its name implies that its practice relies mainly on developing a particular state of mind which we can call ‘Nim Tao’. The ultimate goal of this practice is to initiate every movement with ‘Nim Tao’ which is only possible through the use of a correct and undivided type of focus.

The type of power originating from this state of mind is unlike the force created by brute muscular strength. Muscular contraction can only give out a limited amount of force but when mindfully relaxed, they are able to withstand and produce enormous power. Beginners

are often sceptical of this power of Mindful Relaxation, nonetheless its existence is very real and attainable.



Even though Ip Man had hundreds of students, with a simple search on the internet you can clearly see that Chu Shong Tin was the only student of his to have the ability in the internal aspect of the art. When I asked him why none of his other Wing Chun peers talked about or were able to demonstrate such tremendous internal power, CST replied that it's because they hadn't delved deep enough into Siu Nim Tao and that perhaps they only looked into the external movements and Martial applications of each form.

So everything we practice in the CST method of Wing Chun, should be promoting the cultivation of 'Nim Tao' and then to apply it in every move.

*Note: I want to add at this point, that this is not to talk down or undermine the other Wing Chun lineages and masters; and that we're merely highlighting the vast difference in the methods of practice, and their results! For example, Wong Shun Leung was a dear friend of CST and a fellow student of Ip Man, and even though his application of Wing Chun did not go beyond the external use of biomechanics (therefore no "internal" engine), he was able to utilize his Wing Chun very well in real combat and was known as one of the great fighters of his time in Hong Kong.*

*Not only every lineage of Wing Chun, but every Martial Art have their own philosophies and methods of practice, and in my opinion we should have respect for them all, unless they are causing harm to their practitioners or others!*



*A young Chu Shong Tin sitting next to Ip Man with Wong Shun Leung standing behind them*