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Lulu Press Inc, United Kingdom, 2014. Paperback. Book Condition: New. 206 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Biu Gee is the third and final hand form of the Wing Chun system and is generally only taught to trusted Wing Chun practitioners. Biu Gee contains advanced techniques and emergency escapes. Bui Gee teaches how to perfect the use of inch energy , enabling the practitioner to develop power through very short distances. It also builds on the two way energy developed in Chum Kiu. Biu Gee footwork is known as circle stepping or Huen Ma and is essential to the Wing Chun system. Again this builds on the Chum kiu style thrusting stepping or Biu ma. Huen Ma enables the rapid but safe change of direction enabling the practitioner to avoid an attack and swiftly counter attack. Biu Gee also introduces the practitioner to elbow strikes, the elbow in Cantonese is jaan and Kup Jarn, is a downward elbow. Kup jaan can be used to attack at very close distance where punching or palming with the hand is not an option.

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