Wing Tsun-Core Concepts
beyond tradition and technique

Wing Tsun-Core Concepts
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The blueprint for learning, training and teaching Wing Tsun Kung Fu

EMF Chi-Sau?
Elastic Movement Force, unique training for usable functional strength

Motivation & Goals!
training concepts for Wing Tsun, Wing Chun, Ving Tsun students and instructors!

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Introduction

A - From private lessons to training notes to publishing books
B - From 8mm to video cassettes to digital video
C - From Judo to Jiu-Jitsu to Wing Tsun

A - From private lessons to training notes to publishing books
How it all started.
I first gave private lessons in 1980, at that time still in Japanese Jiu-Jitsu and Karate. In the 80's, I wrote training notes for students on an old typewriter. Followed in the early 90's by printed newsletters and training instructions, all typed on an electronic typewriter with a 2-line display. First training writs followed in '92 on a computer, now including photos and graphics.

My first book "The Reality of Self-Defense! What martial arts schools won't tell you." comes with a bit of publishing history. It was created during times of massive change. Changes in the sector of the publishing industry. But also, the rise of the Internet and the sudden boom of social media.
Around 1995, Altavista was established and became one of the most-used early Internet search engines. Angelfire was founded in 1996 as one of the first Web site building services. Of course, I had my first web site then.

First articles I wrote as early as 1993. After having published my first self-defense magazine in 1995, I started writing this book in 1996. I wanted to publish it in 1999, 2000. I even flew to London and New York, had appointments with different publishing houses. It took until 2001, when a publishing solution arrived in Victoria, Vancouver Island, BC. Back then featuring the beginnings of ground-breaking technology, which enabled the company to print one book at a time. On demand publishing was born. The first affordable option for self-publishers. I held my first printed book. That was in 2002.

Now this 1996 book is available with a few minor updates in 2017 via [www.ordertheselfdefensebook.com](http://www.ordertheselfdefensebook.com)

Other titles like "The Practical Strength Training Guide for Self-Defense & Martial Arts" and "Siu-Nim-Tau, a Wing Tsun Kung Fu form" can be bought via [www.lulu.com/ralphhaenel](http://www.lulu.com/ralphhaenel)

**B - From 8mm to video cassettes to digital video**

In 1986, I purchased all the 8mm equipment you could get in East Germany, to film lessons with my second WingTsun instructor. He didn’t allow it at the time so I filmed my own training with my own students. According to insider tips from a former Stasi agent, there is hope I may eventually find these 8mm reels in the file archives of the former East German Secret Service. In the early 90’s a few of my Wing Tsun demos and seminars in Germany and Denmark were video taped. Much more material was recorded in the late 90’s and 2000’s on video tapes and eventually on DVD. During the past decade, many hundreds of Gigabytes amassed on DVDs and now digital video, savings group and private classes, beach classes, other events, demos, special topic seminars and instructor workshops. Having started producing training review videos for our advanced team, posting teaser training videos on Instagram, it all lead to the start of the WingTsun-CoreConcepts Video Library.

**C- From Judo to Jiu-Jitsu to Wing Tsun**


For 25 years now, my life is committed to teaching Wing Tsun full time. Benefit from my experience of having learned in the worldwide largest professional Kung Fu organization. For 16 years, I have been educated by expert WingTsun masters whose previous careers spanned from professional boxing to full contact champions to military combat instructors. Taught Wing Tsun seminars in Germany, Denmark, England, Italy, Canada and the US.

More than 10 years were invested into the development of my teaching and learning methodology named "WingTsun-CoreConcepts," which generated a series of special seminars. Draw new motivation out of this blueprint for successful training, learning and teaching. Supercharge your results.

**The WingTsun-CoreConcepts Video Library**

The blueprint for learning, training and teaching Wing Tsun Kung Fu.

**Knockout Self-Defense Skills**

Beyond tradition and technique - training concepts for Wing Tsun (Wing Chun, Ving Tsun) students and instructors! Benefits; step by step training to generate:

- improvement of whole-body movement,
- non-stop coordination of hand and footwork,
- fluid seamless motion and an increased awareness of using all muscle groups in sequence from fingertips to toes,
- better judgement of distance, timing and balance while learning to use all seven 'engines'
• transformation of physical strength into usable functional strength, working ligaments, tendons, muscle-chains, fascia tissue

During my four decades of martial arts training, I have had the privilege of experiencing a variety of teaching, learning and training methods. The approach was wide-ranging in the respective Japanese, German or Chinese martial arts training.

In combination with your personal training, or the WingTsun-CoreConcepts book, videos in the WingTsun-CoreConcepts Video Library will include the Chi-Sau improvement series.

• Review the finer points of Chi-Sau structure training
• Don’t miss any detail of the invaluable Chi-Sau functional strength & mobility training
• Be able to analyze all features of the Wing Tsun weapons chamber training
• Learn the important components of our Chi-Sau EMF training (elastic movement force, flow drills)
• Study the pushing & pulling program (convex and concave motion)

All videos will be available on the professional VIMEO platform, ready to stream on iOS, Android, Apple TV, Roku, and Chromecast. Stream anytime. Watch on TV, mobile, and tablet.

Your Sign-Up & Benefits
1. Take advantage of the low one-time video library membership rate of only Can $199 (lifetime membership). Be the first to get your step-by-step Wing Tsun training videos.
2. Receive a full 25% discount on every single premium video, published in the WingTsun-CoreConcepts Video Library. The videos will be advertised on social media, but only members get the 25% discount.
3. Gain access to free members-only videos, which will not be available to the public.
4. Over time, all videos will be accompanied with brief downloadable PDF file, outlining important pointers.
5. Your membership enables you to obtain at no additional cost any videos that have been re-taken. **
6. Plus, we will post bonus Q&A videos. For members only! Questions after watching a video? Email your questions. You will receive private links to brief explanatory videos.

** Year after year, we improve our teaching, learning and training methods; sometimes minor details, often a more complete all-over approach. As well as a better communication of the methods, concepts, strategies and tactics. New training programs emerge. After all, what we do in our spare time should not just be paramount to our continuous progress, but also enjoyable, fun! Yes, it is OK, to have fun in your martial arts training. BAM! Whenever a video is redone, to reflect our progress; you will receive this video as free upgrade.

Videos hosted at http://videos.wingtsuncoreconcepts.com
Sign-up at www.wingtsuncoreconcepts.com

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Changing lives, one punch at a time.

#wingtsun #kungfu #motivation
#daswingtsun
Based on the experience of four decades of martial arts training, this book is the essence of my WingTsun-CoreConcepts™ program, a blueprint for learning, training and teaching the Wing Tsun system. One class, one day at a time, this book delivers via short stories an extensive number of suggestions for improving your training, for creating and setting your goals, to achieve knockout self-defense skills. COMING October 28th, 2017!

The practical strength training guide for Wing Tsun Kung Fu (Wing Chun, Ving Tsun) practitioners and fitness enthusiasts. Step-by-step explanations of exercises, beneficial for beginner to advanced practitioner, shown in more than 270 photos.

Striking power for self-defense and martial arts. Now with bonus chapter about fundamental kettlebell training!

Siu-Nim-Tau, a Wing Tsun Kung Fu form Training Notes on the journey between Kung Fu Beginner and Master
The book explains the many facets of an intriguing Kung Fu form, delivering detailed training advice, notes on history, supportive exercises, helpful hints and pointers. Read about the benefits of the form, the concepts behind it. Find out about WingTsun-ChiKung, the health form, as well as applications in Chi-Sau and Lat-Sau.

Download your free copy of the WingTsun-CoreConcepts magazine!

- free magazine download: [http://mag.wingtsuncoreconcepts.com](http://mag.wingtsuncoreconcepts.com)
- order your books via: [www.kungfutheworkout.com](http://www.kungfutheworkout.com)
- video library - sign-up today: [http://wci.wingtsuncoreconcepts.com](http://wci.wingtsuncoreconcepts.com)

Wing Tsun training videos for functional strength & fluid motion. Access to unique training methods, the concepts, strategies and tactics of all six Wing Tsun forms, the Chi-Sau sections, applications.

Presented by Sifu Ralph Hänel

- since 1984 Wing Tsun Kung Fu
- founder of first Wing Tsun schools in East Germany & Canada
- teaching Wing Tsun full time for over 25 years
- instructor, author, publisher, actor

#hänelwingtsun #daswingtsun
I know! – The Importance and Danger of the Basics

To lose weight, get fit, or get strong we have to workout regularly. Go to the gym, even if we are unmotivated, even if we are tired, even if we would rather go out for a movie. We know.

To workout effectively, we need the right workout routine, the right variance and progression in our exercises. We know.

We need sufficient sleep, eat well, avoid stress as much as possible, get enough fresh air and sun. We know.

We know, but often don’t follow the easy advice. Because it’s not so easy to change habits. Habits die hard. Because it’s so easy to stray and tell ourselves that we do it next time, next week.

We know, but dread change. We drag out the start to a lasting transformation. We know, but have a hard time to truly commit.

Just read it lately on Facebook: “I want to continue Wing Tsun (insert fitness, nutrition, more reading less TV), but have little time and stopped for now.” So, you have little time, but instead of doing something you stop completely and now make no progress whatsoever? No progress instead of little progress?

It’s about choices! You make a choice if you don’t sleep enough, don’t eat well, don’t stop binge watching TV, don’t go out for a walk. Your choice. You know! These are the basics. Train the basics. Internalize the basics. I know that you know the exercises. But have you trained the exercises to affect real change?

The basics are often the most overlooked answers to your questions.

The basics are at times the not so secret ingredient, to get past a plateau and make measurable progress.

The obvious danger lies in underestimating what we seem to know. The danger of misjudging exercises we have ‘done’ many times, but maybe never really paid attention to, while being on the hunt for higher skills. The danger of not recognizing the value of intense and mindful dissection of the basics.

Give them another chance. Basics, the overlooked building blocks of the advanced.

Here a few examples out of the WingTsun-CoreConcepts video library:

- video 9: **EMF Chi-Sau** – **basics** for building the functional strength needed
- video 10: **Keypoints of the first section of Chi-Sau** – **basics** for making all of your Chi Sau work
- video 11: **Arm Grab Exercises** – **basics** for continued smooth and fluid mobility when being grabbed
- video 12: **BlitzDefence** - **basics** of situational awareness and first responses
- video 13: **Structure, Distance & Space** – **basics** of recognition of these concepts
- video 14: **Pushing** – **basics** for developing a mobile and balanced structure
Special Offer for Readers of the Wing Chun Illustrated Magazine

Readers of the Wing Chun Illustrated magazine: Take advantage of the low one-time video library membership rate of only Can $99! Save $100.00 on your life-time membership. Be the first to get your step-by-step Wing Tsun training videos.
For a limited time and only via the following link: http://wci.wingtsuncoreconcepts.com

1. Receive a full 25% discount on every single premium video, published in the WingTsun-CoreConcepts Video Library. The videos will be advertised on social media, but only members get the 25% discount.

2. Gain access to free members-only videos, which will not be available to the public.

3. Over time, all videos will be accompanied with brief downloadable PDF file, outlining important pointers.

4. Your membership enables you to obtain at no additional cost any videos that have been re-taken. **

5. As member you will receive at no cost to you, 1 to 2-minute power videos, with a compressed and detailed review of each bonus and premium video. Quick reminders on the go; reviews of each video, stating the important pointers to support your continued learning, training and if applicable your teaching.

5. Plus, we will post short bonus Q&A videos. For members only! Questions after watching a video? Email your questions via info@wingtsuncoreconcepts.com. You will receive private links to brief explanatory videos.

6. On-Demand Videos! For a flat fee of only $49.99 receive within 10 days your personalized video, minimum length 8 minutes, answering one major question, demonstrating important points, giving you ideas how to learn a particular skill, how to train an exercise or group of exercises with your training partner, or what to watch out for when teaching your students.

** Year after year, we improve our teaching, learning and training methods; sometimes minor details, often a more complete all-over approach. As well as a better communication of the methods, concepts, strategies and tactics. New training programs emerge. After all, what we do in our spare time should not just be paramount to our continuous progress, but also enjoyable, fun! Yes, it is OK, to have fun in your martial arts training. BAM! Whenever a video is redone, to reflect our progress; you will receive this video as free upgrade.

On Sign-up for your life-time membership in the WingTsun-CoreConcepts Video Library, you will receive or gain access to:
- four bonus videos
- 25% discount on every single premium video, every month new videos
- free members-only videos
- no-cost access to 1-minute or 2-minute power videos
- short Q&A videos, as they become available
- access to order On-Demand Videos for only $49.99 (personalized training on the go)

Sign-Up Today! Only Can $99! Save $100.00
Go to http://wci.wingtsuncoreconcepts.com
The Secret of the Five Sets and Sixteen Variations of my Wing Tsun Training

As any instructor, I often get asked about how I train, if there is a secret, what my focus is. The real secret of many instructors is very simple. As in any other profession, if you do something 20 to 40+ hours on a weekly basis, if you meticulously work on the details, if you constantly expand your goals, you will get good.

So, how do I train? I train through teaching. I learn through answering questions. I advance by working on making others good. I made it my goal, to consistently work on improving my learning, training and teaching methodology.

Here are some of my not so secret methods. One needs to be very observant, methodical and critical. Always question and review your own progress. Never take any of your skills for granted. They only last so far. Never think you are invincible, just because you are a martial arts teacher or martial arts master. If challenged, everybody gets dropped at some point by someone. Be a good teacher or a good fighter. Very few can combine both.

In any of the Wing Tsun programs I am teaching, if beginner, intermediate or advanced, I employ one or more of the following sets, or variations within.

1st Set: (Delivery) Speed – Strength - Distance
1. I work in various speeds, from complete slow motion, somebody looks at you for a moment and doesn’t even recognize that you are moving, to regular speed and to the point of the highest speed I can safely train with. And every level in between.
   Slow – regular Speed - Fast

2. I use different levels of strength, the tiniest amount, that can’t even be felt, to medium strength and eventually everything I’ve personally got. The amount varies, relative to the student’s strength.
   Barely any Strength – Medium Strength - Strongest

3. I move within a sliding scale of distance. Far apart, as long as it is efficient, within an ideal distance apart from the training partner, to the physically closest distance to the other person.
   Longest Distance – Optimum Distance – Closest Distance

2nd Set: (Behind the Techniques) Concepts – Strategies - Tactics
1. I limit myself to only using the solutions arising from the concepts, strategies and tactics as preserved within the Siu-Nim-Tau form.
   Siu-Nim-Tau, first Wing Tsun form
2. I limit myself to only using the solutions arising from the concepts, strategies and tactics as delivered by the Cham-Kiu form.
Cham-Kiu, second Wing Tsun form

3. I limit myself to only using the solutions arising from the concepts, strategies and tactics as contained within the Biu-Tze form.
Biu-Tze, third Wing Tsun form

4. I limit myself to only using the solutions arising from the concepts, strategies and tactics of the Wooden Dummy form.
Wooden Dummy, fourth Wing Tsun form

3rd Set: (Action) Defender – Attacker - Controller
1. I limit all my actions to purely defending myself, regardless of the technical origin within the Wing Tsun forms.
Defense

2. I limit all my actions to purely delivering attacks, regardless of the technical origin within the Wing Tsun forms.
Attack

3. I limit all my actions to purely controlling my training partner, regardless of the technical origin within the Wing Tsun forms. This originates from the ‘old’ 12th student program, to control an assailant without injuring him. The maxim was: “Pain yes, blood no.”
Control

4th Set: (Movement) Steps – Turning – Shifting - Feet
1. If defending or attacking or controlling, in any program, I work with all the different steps available with the Wing Tsun system, to merge them eventually into seamless motion.
Steps

2. If defending or attacking or controlling, in any program, I limit myself to only using Wing Tsun’s turning stances in all variations, while not stepping.
Turning

3. If defending or attacking or controlling, in any program, I train by only shifting my body position, work on avoiding footwork or turning.
Shifting

4. If defending or attacking or controlling, in Chi-Sau or Lat-Sau or any free application, I continue for as long as planned while remaining on my toes. Sliding on the floor, stepping, moving, shifting balance and body weight.
Feet - Toes

5. If defending or attacking or controlling, in Chi-Sau or Lat-Sau or any free application, I continue for as long as planned while remaining on my heels. Sliding on the floor, stepping, moving, shifting balance and body weight.
Feet - Heels
5th Set: (Intentions) Think it – Say it

1. Whatever my intention is, to defend myself or attack in a particular way, within a pre-arranged technical exercise program (Chi-Sau, Lat-Sau, etc.), I think the planned action, until it works every single time, regardless of the attempt of the training partner to counter my action.

2. Whatever my intention is, to defend myself or attack in a particular way, within a pre-arranged technical exercise program, I now announce the planned action, say it out loud, until it works every single time, regardless of the attempt of the training partner to foil my plans.

I use all five sets and the sixteen variations in any possible combination, in any of the technical programs. It doesn’t matter if I continue to learn, if I train the next level skill I want to achieve, or while teaching. By now you know, that for me learning, training and teaching is the same. They are only different facets of the journey to another level of skill and knowledge.

Honour tradition by being innovative. Every art evolves, even a martial art.

Don’t get stuck in a repetitive mode.

Enjoy the ride!

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Changing lives, one punch at a time.
www.wingtsuncoreconcepts.com
In the beginning, there was Chi-Sau

What does Vancouver in beautiful British Columbia have to do with Wing Tsun Kung Fu? Chosen by many as vacation destination, I had the pleasure to work over the past decades with many visiting practitioners of various WingTsun and Wing Chun lineages and organizations. This exposed me to a great variety of opinions as to the purpose and goals of Chi-Sau. It would be horribly boring, if everyone shares the same. Yet, in the end physics beats any technical or traditional explanation. And there are simply better and also not so beneficial interpretations. We are talking here about benefits for the average person, displaying average strength and speed, having only a limited amount of time available to commit to a more or less serious training.

Over the past decades I identified five problem areas, preventing the significant skills improvement one should expect from one's Chi-Sau training.

1. Power / strength / force

Problem: Holding contact too long, beginning to wrestle, struggle. Yielding too much, too far. Being too relaxed, ending up weak.
Solution: Wing Tsun specific functional strength training for offensive and defensive actions delivered by a well-connected structure.

2. Mobility / balance

Problem: Locking or collapsing positions and transitions.
Solution: Wing Tsun specific mobility training, activating muscle chains and movement from toes to fingertips.

3. Structure / hand- and footwork coordination

Problem: Momentary concentration is divided by attention to footwork or arm techniques, or too focused on the execution of particular preplanned drills. Also, the untimely making or breaking of contact.
Solution: Mindful Wing Tsun specific structure training, considering the connectivity through fluid whole-body (slow-)motion. "Everything is moving all the time, at once." Creating an awareness of horizontal, vertical, diagonal, and spiral, rotational movement solutions.

4. Techniques = Chi-Sau sections / recognition of strategies and tactics

Problem: The training of technical skills and drills that do not function properly under pressure. Or not yet having achieved an understanding of the underlying concepts.
Solution: Not the weights or stations in a gym count, but how you use them to get fit and strong. Similarly, in Wing Tsun, the Chi-Sau training transports and produces a specific skill set and consequent use of strategies and tactics. Chi-Sau should teach us the concepts!

5. Flow / Continuous motion

Problem: Even under light pressure, defensive and / or offensive actions end or get stuck after two or three steps.
Solution: Wing Tsun specific flow training to develop and enable an elastic movement force, leading to the ability to carry out continuous and simultaneous ongoing actions.
1. Functional strength training
2. Mobility training
3. Structure training
4. Technical training
5. Flow training

These five tools have been designed for a better teaching, training, and learning process, to focus on partial aspects of your Chi-Sau training. The tools are meant to lead you to the results that a well-rounded Chi-Sau training contributes to your allover performance as a skilled Wing Tsun practitioner.

Brief description:
1. Functional strength training - partner supported, physical strength to functional strength training
2. Mobility training - inter-connected mobility and stability in all joint motions at once
3. Structure training - hand- and footwork coordination, plus spatial awareness
4. Technical training - two-man form aka Chi-Sau sections and weapons chambers programs
5. Flow training - instant and complete response while maintaining the use of elastic force and continuous whole-body motion

None of it is new. By separating and identifying the problems, designing targeted training solutions, we build a better performance.

In the beginning, there was Chi-Sau. We did Tan- Sau and Bong- Sau and Huen-Sau. When somebody was stronger, we tried to beat that with Chi-Sau. Somebody was faster, let Chi-Sau take care of it. This of course rarely worked or only by taking advantage of the quickly expiring surprise factor. We thought that our Chi-Sau had to get better by being faster and stronger.

My Si-Fu has always been a fan of physical strength. Due to height, body size and enormous strength, he was called the 'German Giant' in Hong Kong.
In those days, Chi-Sau training often started with slow Poon-Sau, going on for 20 to 30 minutes within a 45-minute lesson.
Low elbow positioning and triceps power slowly crushed your Tan or Bong position. Then I was asked how I train Tan-Sau. Should it be this crushed, palm in the face, "monkey looking into the mirror" technique or a Tan-Sau as performed in the Siu-Nim-Tau? Then I tried the Tan again, as in the perfect position in the first form, only to be crushed again and again. Angles were important; 45 degrees, 90 degrees, 135 degrees. The important difference between position and transition wasn't a topic, yet.

There wasn't much talk about concepts, if at all. It was more of an endurance game of switching between traditional positions. My Si-Fu wrote in one of his earlier publications that the German WT practitioners were at one point in time more Chinese than the Chinese instructors. The traditional training combined with the preference for physical strength, turned later into a unique strength training.

That early Chi-Sau training was very hearty. After a third warning, when techniques weren't right, the punch landed in the face. My first WT instructor was a former boxer. So, shots to the body, Fak-Sau's to the neck were simply normal. After all, Kung Fu is Chinese Boxing. And what boxer would be wussy enough to complain about body shots. It set a standard at that time.
For various reasons, I continued over the years to encourage my students to hit me (chest, stomach, side of the neck). A hands-on instructor should increasingly help you lose fear of physical contact. Self-defense doesn't live in a sterile environment.

Probably at the end of the 90's, I became aware that significantly physically stronger training partners could barely move me with their best punches into the chest, while my light punch to their chest made them fly or drop to the ground. And believe me, that has nothing to do with ego or showing off.

I noticed that in the attempt to be stronger, most people end up striking more tense, are "hitting the brakes" as we say. When trying to be loose, the strikes turn weak. Is there a middle ground?

Why did I appear to punch more powerful, even though I never worked out much, in the gym? I did a lot of Chi-Sau. Twenty to forty hours a week. Often slow and detailed. With a light touch! No excessive power or so-called "Bull Chi-Sau". Well, at times only. But I worked increasingly with a slightly extended reach, keeping the student or training partner constantly between losing balance forward or backwards.

Very simplified, this particular Chi-Sau workout appeared to kill the stationary muscles that hold positions (braking) and format the dynamic muscles that enable smooth and powerful transitions (accelerating). The experiences of the past 20 years showed, that this very smooth Chi-Sau had turned into a workout that transforms any level of physical strength into Wing Tsun specific functional strength.

No magic. Very hard work.

As a visual aid, I often talk about the idea of a power scale. On one end of that scale one attempts to be strong, often ending up performing stiff and tense. The opposite end of the scale promising a relaxed approach, yet delivering weak and brittle.

Our Chi-Sau training is designed to be a partner-supported, physical strength to functional strength transformation exercise.

On that imaginary power scale, you move the factor strength towards the ideal measuring point, leaving stiff and tense behind. From the other end, you move the factor relaxation to the measuring point, leaving weak and brittle behind. Eventually both measuring points meet at the for you perfect combination, producing fluid, elastic, whiplash-like power.

The goal is an personalized ideal combination of functional strength, elastic mobility, adaptable structure, reliable technical skills, and continuous flow of it all.

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Changing lives, one punch at a time.
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Mastering Martial Arts

During the beginnings of my Judo training in 1977, we watched our instructor, a brown belt. He needed a Uke, since some of the throws and combinations were very difficult. The more difficult those techniques seemed to be, the more of a master he appeared to be. We believed him to be at least 19, if not even 20 years old. We were between 12 and 14 years young. And now comes the shocker. Can you even imagine what he was preparing for? Sit down, he was training for his test … for his BLACK BELT.

Only a year later I met my Jiu-Jitsu Sensei. I was already 14 by now. When I saw him for the first time on the mats, in his bright white gi, he was about 70. His hair was white. His falling exercises echoed throughout the gym. With a handshake turning thumb-lock, he brought a big muscular 18-year old blackbelt down to the floor. As a sailor, he got some 50 years earlier due to engine trouble stuck in Japan. For two years he trained daily on the docks, on concrete, and returned a black belt to Germany. That, plus his war-time hand to hand combat stories behind enemy lines, he was for us a real martial arts master.

Yip Man didn’t know grading or levels. At the time, it was seen as a Japanese or Korean custom, not applicable to Chinese Kung Fu. Today we know of many founders of different martial arts. They gave their style a name and introduced a belt and grading system in the various Karate, Judo, Jiu-Jitsu, Taekwondo, Hwarangdo, Hapkido. Typically, the style founder gave himself the highest level.

Si-Gung Leung Ting, who founded his Wing Tsun association, introduced a grading system, similar to Japanese and Korean styles, and made himself as a very young man the grandmaster of his own system. Student levels didn’t exist yet. You just trained and one day you were promoted to your Technician Grade level.

In 1985, when I met my Si-hing Leo Czech, a 1st TG was pretty much a King of Wing Tsun. Only a couple of 2nd TG’s and one 3rd TG existed. Hmm, a Western boxer with an excellent knock-out record in many fights, plus now a Chinese WingTsun instructor. To us 20-year olds, he was a master.

My next WT instructor, West-Berlin based Si-hing Peter Vilimek, was a former police combat instructor, who also taught Karate full-contact champions like Dr. Osama Sabri. But he was also already a SECOND Technician Grade (TG). Could it get any more advanced? To us few secret students from East Germany, he was a master.

In December of 1989 I met in the West for the first time my actual Si-Fu, Sifu Kernspecht. At this time, he was a 7th master level. Si-Fu Kernspecht has proven time and again that he filled the title of a master with life. Spreading the system, creating a giant professional organization, publishing dozens of books.
When it comes to student and even Technician Grade levels, I always tell my students that just like in any other education, the end result might be excellent, very good, good, satisfactory or barely passed. It depends on the individual’s commitment, goals, capabilities, intensity of training and many other factors.

Plus, let’s never forget that all certifications and gradings and acknowledgements are given by other human beings, with their own views, even faults, and also business interests.

All martial arts standards have been developed by a human being. What’s right or wrong is typically determined by the leader and or founder of the style.

Even the contents and values, see by the example of the double knives form, changes with the founder and leader of a school or organization, as he changes over time.

Look at Sifu Chris Chinfen in Vancouver. He accomplished already a black belt level before WC / WT. Following the Grandmaster Wang Kiu lineage, he then finished the complete Wing Chun system, as his instructors told him. Twenty years ago, he started his Wing Tsun studies and has never stopped since. Chris has also studied intensely a variety of Escrima styles over the years. Almost since the beginning, he also taught many WT classes in our school. He continues to study, train and teach Wing Tsun. As well as Pilipino weapons systems.

In 2014 Chris alongside many of his class mates, started to train the long pole and double knives forms and applications of the WT system, thereby completing the system.

When has a musician written the last song, played the last gig? When has an artist painted the last painting? A writer written the last novel?

When we have learned all the components of our art, our development of the art, our improvement of the skills continuous indefinitely. This is what makes us an artist.

When you have trained several arts for decades, when you have been teaching these arts for decades, when you have contributed to the exposure of the art, for example by writing extensively about your learning, training and teaching, as you have seen in Chris’ Siu-Nim-Tau book, ... Well, then you are a master.

If not after completing the system?
If not after learning for decades?
If not after teaching for decades?
If not after publishing a valuable work about the system?

When would we be a master?

Those are only a few of the reasons, why Sifu Chris Chinfen was earlier this year deservedly announced as the first Canadian Wing Tsun Kung Fu Master.

It is what we make out of our studies after the fact. It is what we leave for the next generation. It is how we lead the next generation. This is what makes one a master.

Fill your continued learning, training and teaching with life. Continue to contribute to the art. And you will be the master that others see in you.
Three quotes. What makes a master?

“Just because you wear the same uniform doesn't mean you embody the same strength, same skill, or same understanding. Quality is an individual trait.”
   Dr. Mark Cheng www.drmarkcheng.com
   25 April 2013, Facebook

“To become a master, the pupil has to go beyond what is known, has to learn what has not been shown by others in the field. That means curiosity, exploration, inquisitiveness, and not lockstepping to the koolaid of others. Don't be afraid to take your own path. The world needs it. The path to mastery never ends, but with your actions you can inspire others to find theirs.”
   Dr. Perry Nickelston www.stopchasingpain.com
   23 April 2017, Instagram

And this one is a key sentence for me: "The path to mastery never ends, but with your actions you can inspire others to find theirs."
About Video #9 of the WingTsun-CoreConcepts Video Library
“EMF Chi-Sau - Elastic Movement Force” (57 minutes)

The ninth video introduces in great detail our EMF Chi-Sau training. The development of Elastic Movement Force by using elements of Chi-Sau to transform physical strength into functional (Wing Tsun) strength. The EMF engine that can make all the difference to the quality of your defensive and offensive capabilities.

The purpose of the exercises, of what is happening in this video might not be instantly apparent, or even visible. Use the instructions and guide your partner slowly, patiently and as directed. I have worked with many practitioners of different Wing Chun / Ving Tsun lineages, with students and instructors from various WingTsun countries. Pointing out, that this exercise is not about a Chi-Sau contest, that is it not even about any technical drills, attacks or defenses. One partner has to lead the other, paying full attention to the details. Working in a gym with heavy weights is typically not about speed. Same here. Slow Down! The details and eventual changes might be minute. It takes time. Patience. The EMF Chi-Sau is about restructuring the whole engine that allows you to defend yourself successfully, that enables you to deliver truly powerful attacks. You wouldn’t want a mechanic to rush through the 99-point check of the engine of your car. It takes time. You would expect precision and absolute attention to detail from the professional in the auto repair shop of your choice.

WARNING! For many reasons, several details are repeated throughout the video, not unlike a mantra. The devil really is in the details. Mindfulness, focus and intensity come to mind as important factors of your training, not just mere buzzwords. It’s OK if at one point you want to yell out: “I get it. Even if I try, I can’t forget anymore what you have been saying a thousand times in this video …!” Great! My job is done here. Evil laughter ensues …

I often present the following test, during which I have the training partner place their hands against my arms and then tell them to push.
1. During the first attempt my arms collapse, empty and weak.
2. During the second try, I resist with strength, struggle and push back.
3. The third time, I adjust ever so slightly, have the training partner out of balance or have hit already.

Little tip, the third attempt is the right one. Then I ask what difference in pressure the partner has felt. Unless someone is guessing, the answer is always again, that they couldn’t distinguish between different types of pressure, mentioning two main points:
A) It felt thee same, each time. And
B) The pressure could barely be felt, or it was only assumed that there is pressure.

A second round of attempts typically confirms that they don’t really feel any pressure from my side. So, it’s not about the amount off pressure, the strength or speed with which pressure is applied, it is about the quality and the intent.

And yes, I know that in reality we don’t wait for pressure, change in directions, etc. Remember the mechanic? He has to take time to check the engine of your car. He needs to take the time, the right tools, the right parts to fix the engine and prepare it for top performance.

EMF Chi-Sau is the choice of the “mechanic” ** to prepare you for top performance!

** instructor, trainer, Sifu
EMF = Elastic movement force, is about a quality of power that in its flow is elastic, can adjust to changes in direction, speed and amount, moves with a fluid quality and most important, never stops moving until the situation is over.

Words can be interpreted in a variety of ways. Follow the instructions in the video. Experience the details. Experience slow movement. Slow down to the point that someone who is for a moment looking at you, can barely see you move.

"When you slow down movement and really watch, you can see a ton of information. Compensations can't hide so easily. Momentum is a disguise."

~Dr. Perry Nickelston, [www.stopchasingpain.com](http://www.stopchasingpain.com)

Now you also understand why I repeat certain pointers, so many times during the video. This is born out of experience. I see and feel it every time, how quickly attention fades, how quickly one wants to cheat with strength and speed.

EMF Chi-Sau is designed to change the quality of your movement by changing how you move the quality of your movement and how you even experience and feel movement.

When a Wing Chun / Wing Tsun / Ving Tsun instructor visits with a training partner or two, who is willing to experience that kind of training, it is often observed with disbelief. One jokes at the other as to why they are shaking, sweating. Once the observer experiences it, both are laughing and on many occasions, I have heard that this is one of the toughest workouts they have ever gone through. To the point of not being able to put on their jacket or unable to drink out of a water bottle. Having problems to turn the doorknob on the way out.

To restructure your engine, almost a rebuilding of your engine, to transform physical strength into functional (Wing Tsun) strength, is a tough but very satisfactory workout.

This video presents:

- different EMF movement exercises
- ideas and hands-on tips of the transformation of physical strength into usable (Wing Tsun) functional strength
- structure check while moving, from ankles, knees, hips, spine to shoulders, elbows and wrists
- constant and continuous movement chains check from toes to finger-tips and vice versa
- the ability to extend functioning muscle chains, as opposed to few muscle groups doing all the work, while other muscle groups are tense or weak, equaling empty
- improvement of quality of movement allows you to move more subtle and efficient
- how to train our Chi-Sau
- the point that Chi-Sau itself has in different lineages and schools of Wing Tsun / Wing Chun / Ving Tsun different meaning, purpose and even goals, which is absolutely OK
- the video is not about a different nor about a better Chi-Sau, but using EMF Chi-Sau to improve the quality of movement and power
- the point of “impact capability”
- elbow force or pressure is but only one element of your structure and movement chain
- what it means to progress from an idea of what you want to do, to a single technique, to a limited motion, eventually to a fluid and powerful whole-body motion, which can be of a defense or offensive nature, or even both. Yin and Yang, baby!
- be ready all the time with everything at once
- the why of needing to experience the necessity of wrong
- learn to realize the four groups of mistakes everybody makes
- the bandwidth of performance
- ideas of developing the shock-absorbing quality of your defensive actions (shields)
- the power scale, the battle between trying to relax without ending up weak and brittle and trying to be strong, ending up stiff and tense
- the importance of realizing the difference between the use of static muscles (wrong) holding positions and dynamic muscles (right!!) enabling transitions
- the relevance of the two major contact points, one typically via our arms to the training partner and the second via our feet to the ground, and the necessary and inevitable interaction between those two contact points and the significance of the shoulder as connective element
- spring-like or whiplash-like delivery and use of functional strength

**Video Updates & Re-Shoots for the WingTsun-CoreConcepts Video Library?**

Just as our Kung Fu changes due to our daily, weekly training, so does the vision of how to deliver contents via video. Training methods improve. Points are made clearer. Better explanations can be found. Improved ways how to help you with your training at home. From time to time, I will reshoot a video, to bring you the best information.

**Your benefit as a member** of the WingTsun-CoreConcepts Video Library: Ensure, that I have your up-to-date email address and you will receive the link of any bonus or premium video that is being re-released. There will be no additional cost to you.

The idea behind the WingTsun-CoreConcepts is not about better Wing Tsun, or my Wing Tsun being better than XYZ. It is about a different approach. My speciality is the methodology of learning, training and teaching concepts.

Regardless of the interpretation in your school or organization, the tweaking of distance, timing, balance, the development and also the ability to deliver power can be quite dramatically improved through exercises based on interconnected learning, training and teaching concepts.
That is why I added “beyond tradition and technique” to my blueprint, the WingTsun-CoreConcepts. It is not a new or better style or system. It is a blueprint, that based on the how-to of learning, training and teaching helps you to achieve measurable results.

Who is “you”? Who needs the WingTsun-CoreConcepts?
Let’s face it, most of us cannot commit 40, 30 or even 10 hours of training per week. Everybody leads busy life’s, trying to juggle a career, family, children, friends and other hobbies. Most of us are not 6 foot something tall, weigh in at a strong 120 kg, warm-up in the mornings with a bench-press of 200 or 300 pounds. Most of us are like anybody else, of average height, weight and strength.

Result-driven learning, training and teaching concepts and exercises are needed, to achieve in the least amount of time the best improvements. Don’t measure everything in striking power or defeated combatants. A healthy self-confidence, the awareness of your surroundings, as well as situational awareness helps you to avoid possible conflicts.

I too had instructors, who with their perfect athletic pre-conditions, extreme commitment and excellent full-time training achieved bad-ass status. Reality is; they would have been bad-ass regardless of the chosen martial art. Role models can be a good thing. Positive thinking can be the support some need.

But in the end, you need innovative training methods, even inspirational learning methods, and the right approach of teaching you, to get the best results for you.

Have you heard in instructional videos the approach: “Don’t do this. That is stupid. ... This technique doesn’t work well. ... This Wing Tsun / Wing Chun / Ving Tsun style does XYZ wrong.”

Let different instructors and lineages have different opinions and interpretations. It would be horribly boring, if everyone practices the same way, has the same thoughts. Which does NOT mean, that all ways lead to Rome. I have watched good people look bad on video. Yet, let’s say not so good practitioners, who I have personally met, can look amazing on video.

I appreciate the approach of some particular teacher’s, enjoy their ‘wing chun’ interpretation, even though it differs greatly from what I do. But I have also seen some horrible version, nothing short of cheating students. Be aware of and avoid keyboard warriors and politics in martial arts.

Use the WingTsun-CoreConcepts videos to improve your training. Questions? Email me! From time to time, I will post at no additional cost you short FAQ videos, to answer the most pressing questions.

Have fun and train hard!

#hänelwingtsun #wingtsun #kungfu #daswingtsun
Changing lives, one punch at a time.
www.wingtsuncoreconcepts.com
About Video #11 of the WingTsun-CoreConcepts Video Library
"Better movement through training of arm grab escape exercises" (17 minutes)

Helpful for beginners as well as advanced practitioners.
The four arm or wrist grab escape exercises can be very valuable for beginners as initial self-defense training.
As simple as this type of training may appear to the advanced practitioner, I use this group of exercises in my classes every six months or so. Out of any Lat-Sau, Chi-Sau of free applications scenario, I suddenly grab arms or wrists. The same with visitors of all levels from a variety of WT or WC schools. Despite an average good training intensity, most training partners respond with a temporary stop, followed by a more or less tense wrestling attempt. Resistance breeds resistance. It’s human nature. It’s normal.
This group of arm grab escape exercises is for me, similar to the first section of Chi-Sau a key exercise group to change one’s behaviour, to learn to flow, to learn well connected hand- and foot-work, to embrace fluid whole-body motion, plus the generation of toes to fingertips elastic power generation.
Use the exercises to learn to move better. Better movement to successfully combat possible superior strength and speed of an aggressive attacker.

About Video #12 of the WingTsun-CoreConcepts Video Library
"BlitzDefence" (23 minutes)

Four exercises of situational awareness based on the Wing Tsun BlitzDefence programs. The goal is the recognition of typical pre-fight positions or scenarios, arising out of men’s ritual behaviour.

The beginner learns, possibly for the first time, to recognize the approach of an assailant, just before the first attack is launched. One can learn a pre-emptive strike behaviour, while still being within the limits of local law. Relatively simple, yet extremely effective Wing Tsun techniques.
The advanced practitioner will see how cutting-edge applications from the Biu-Tze and Wooden Dummy form come into play.
No video can deal with everything. Regular classes will add the de-escalation and verbal phases, important phases before the physical self-defense. Also, the possibility of kicks, which we learn to avoid by judging the distance, employing the right stance and movement.
The BlitzDefence programs were initially designed by my Si-Fu, Keith R. Kernspecht, founder and head of the EWTO.

About Video #13 of the WingTsun-CoreConcepts Video Library
"Better Movement through Structure, Distance & Space Exercises" (8 minutes)

The training video will deliver a set of first contact exercises for better movement. You will be able to familiarize yourself with ideas of maintaining your structure on contact, getting a feel for changing distance and develop an awareness of your personal space.

This video too, provides tools to benefit beginners as well as advanced practitioners. I call them key exercises, which can greatly influence one’s performance. As all seemingly simple things, or the basics, they are easily overlooked and neglected.
The basics of better movement and better performance lead you on the path to achieving knockout self-defense skills.
You will learn simple steps to open or close your training partner’s position out of four different start scenarios. These tools enable you to push or pull the training partner, move yourself or move him on contact.

**About Video #14 of the WingTsun-CoreConcepts Video Library**

"Better Movement through Pushing Exercises" (11 minutes)

Following training video #13, now #14 delivers a second set of first contact exercises for better movement. Find ideas for balance improvement exercises, to learn through pushing how to maintain your structure on contact, all in a variety of situations.

This video provides a fantastic group of exercises to benefit beginners as well as advanced practitioners. I call them key exercises, which can greatly influence one’s performance. As all seemingly simple things, or the basics, they are easily overlooked and neglected. The basics of better movement and better performance lead you on the path to achieving knockout self-defense skills.

You will learn simple steps to push with one arm or both arms, inside or outside of arm positions, against the shoulder, behind the shoulder, as well as pushing against forearms, elbows and upper arms. These tools eventually enable you to maintain balance while being in motion under a variety of chaotic circumstances, when being pushed or grabbed, and you had less than perfect control during the first moment of a physical encounter.
• Das Wing Tsun 功夫 - Special Edition Shirt
  • Wing Tsun Kung Fu Shop – www.wingtsunkungfushop.com

The online shop for active wear for Wing Tsun Kung Fu students, instructors and fans.

- Tanktops
- T-shirts
- Sweatshirts
- Long sleeve shirts
- Hoodies
- Zip hoodies
- Water bottle
- Sweatshirt & tote bags

Evan Kwong and I sporting our beautiful blue "Das Wing Tsun 功夫" T-shirts. For no reason whatsoever am I holding the Cold Steel Sjambok.
From Chaos to Success; 19 Stories of a Journey outside the ComfortZone

#Murder
#ColdWar
#StoryTime
#Motivation
#SpyMystery
#Doppelgängers
#BerlinWall

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The story starts with QUANTUM SHOCK Black Drop, the first ever no-budget full feature sci-fi, action, martial arts movie.
It happened in Victoria, British Columbia. In 2011, actor and script writer Anselm Meyer, director and cinematographer Dave Campbell and martial arts master and future actor Ralph Hänel met for the first time and only weeks later came together for the first shoot.

The QUANTUM SHOCK project originated from several smaller scripts, Anselm Meyer had written. It turned into a multiple-part web series, grew from there into a first full feature movie, followed several re-shoots, which led to the finished QUANTUM SHOCK Black Drop movie.

Good vs. Evil, packaged in “a unique blend of sci-fi, kung fu action, and espionage drama!” according to the7thmatrix.com.

In the role of a damaged hero, Anselm Meyer with an epic vision, Ralph Hänel as former political prisoner taking on the part of a secret service general, and the dynamic direction and gorgeous cinematography by Dave Campbell, all three managed to bring the final movie after six years of dedicated work to silver screens in Victoria and Vancouver.

Now it is time to get to the next stage. Anselm Meyer and Ralph Hänel have been writing new scripts, developing two QUANTUM SHOCK short films, working on shocking twists in the espionage world, partially based on real events in East Germany after the fall of the Berlin Wall. Following the impressive martial arts fight choreography in QUANTUM SHOCK Black Drop, the short films will bring excellent fight scenes to a new level.

Your support will ensure that we (Anselm and I) can shoot the two short films and complete the post production, as for example FX components, music composition and sound mix.

We aim at finishing the QUANTUM SHOCK short films with your help by the end of Fall 2017. The funds raised from your support will go directly into film making and additional film equipment.

We are extremely grateful for the support we have received over the years, which enabled us to create one chapter after another of this sci-fi action espionage drama.

Thank you for making it possible for us to pour our enthusiasm, energy and creativity into this project and soon deliver entertainment in the form of two short films.

“QUANTUM SHOCK: Falk Kupfer’s Gold” written by Ralph Hänel (cold war, espionage)
“QUANTUM SHOCK: Prototype Atlas” written by Anselm Meyer (dystopian future)

www.facebook.com/quantumshockfilms
http://gofundme.quantumshock.com – THANK YOU for your support!
2014 Weapons Seminars for Members of the Advanced Team of Wing Tsun Kung Fu Vancouver, Burnaby, Victoria and Calgary

With five Canadian trained Wing Tsun Sifus:
(from left to right)
Sifu Steve McMinn 4th TG / SFG / CK-FMS
Sifu Chris Chinfen 5th MG
Si-Fu Ralph Hänel
Sifu German Ferrer 3rd TG
Sifu Gary Kaiser 2nd TG
Sifu Brian Yam 3rd TG

missing in the photo, Sifu Philip Lee 2nd TG
Ralph Hänel - My Martial Arts Education 1977 - 2000
- HSG Judo Rostock, East Germany (GDR)
Judo 1977 — 1978
- Trybull Jiu-Jitsu and Judo Rostock, East Germany (GDR)
*DTSB = Deutscher Turn- und Sportbund (German Sport & Gymnastic Association)

Ralph had the pleasure to learn directly from Sensei Johannes Trybull and from many members of his trainer team in one of the very few clubs, that existed back then in East Germany. Johannes Trybull (1908-1986), a highly decorated World War II veteran, started to learn Jiu-Jitsu during the late 1920's in Yokohama, Japan. See also certificate 1 and certificate 2. Ralph also learned from Sensei Trybull's direct students Olaf Trybull (his grandson) and Joachim Drechsler.

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Interesting Fact: Not just following a recent trend; No, already in the 1970's did this Jiu-Jitsu school actively include a variety of kettlebell exercises, also as quite a "full-contact" partner training. Decades earlier, in the 1910's, 1920's, kettlebell training was very popular in athletic clubs in Germany.

- Personal Training in Rostock and Berlin Germany
Trainer, Wing Tsun Kung Fu, Escrima, Self-Defense, 1984 — 1988
During the "East German" years Ralph received extensive personal instruction from highly qualified teachers who visited him, crossing the 'Iron Curtain' from the West, disguised as tourists.

- EWTO Instructor Academy at Langenzell Castle near Heidelberg, Germany
Ralph joined for several years seminars throughout Europe, following his Si-Fu Keith Kernspecht and Si-Gung Leung Ting to Italy, Austria, Switzerland, Germany, Denmark and England.

- AWTO / IWTA Instructor Canada
Certified AWTO Trainer, 1994 - 2000
Ralph attended many seminars of his Si-hing Emin Boztepe throughout the USA and Canada. He invited Grandmasters Leung Ting and Rene Latosa to Canada.

- Notable Instructors 1984 - 2000
Sifu Leo Czech, EWTO & WTOI (Italian WT Organization), Leo was a former professional boxer (264 fights) in the camp of Gustav „Bubi” Scholz.
Sifu Peter Vilimek, Chief-Instructor www.wt-berlin-neukoelln.de
Si-Fu Keith R. Kernspecht, Grandmaster EWTO, European Chief-Instructor, www.ewto.de
Sifu Heinrich "The Cat" Pfaff, Chief-Instructor, www.wing-tai.de
Sifu Giuseppe Schembri, EWTO Switzerland, www.ewto.ch
Sifu Salih Avci, Chief-Instructor WTEO, www.wteo.org
Sifu Emin Boztepe, Chief-Instructor EBMAS, www.ebmases.net

Ralph Hänel also had the pleasure to learn during Wing Tsun seminars from Sifu Thomas Mannes, Sifu Frank Ringeisen, Sifu Klaus "The Giant" Dingeldein, Sifu Turan Ataseven and others.
Furthermore, visits to the schools of the late Sifu Thomas Roggenkamp, Sifu Hans-Peter Edel and Sifu Christoph Gefele stand out.
Starting in 1989, Ralph received over the years instruction in Escrima from Peter Vilimek, Juergen Knapp, GM Bill Newman, GM Rene Latosa and Emin Boztepe.
It started many years ago at a seminar, featuring a set of selected exercises out of different Wing Tsun forms with a focus on whole body performance, leading seamless into partner training and Wing Tsun applications.

It led to the WingTsun-CoreConcepts. They don’t stand for a new style of Wing Tsun. It is not about being authentic, original, real, modified or traditional. They are simply a blueprint for learning, training and teaching Wing Tsun. Some core concepts in no particular order:
timing, distance, balance (in motion), (hand- and footwork) coordination, power, (ability to) release power, mobility (elasticity), fluidity (transition)

No single concept by itself would make any difference. They even appear to be similar to what you find in Western boxing. Well duh, Wing Tsun is Eastern boxing. Due to the laws of physics, there must be parallels in order to be successful. All of the ten concepts are connected, must be seen connected, and are continuously developed through the ideas behind them and the applications of the Wing Tsun forms. The forms follow a specific design, to fulfill a purpose, to generate a function.

There are three major points to working with these concepts, bringing these concepts to life. The difference, which can eventually lead you one day to the level of skill and knowledge that is by others called Kung Fu master, Wing Tsun master.

1. We must be aware that we can only drastically improve when we clearly communicate with our training partner, ask for:
   - more or less pressure,
   - a change in speed,
   - different directions of the attack,
   - several repetitions of a certain part of the exercise,
   - slow motion scenarios to see (feel) why and how certain outcomes happen,
   - purposely playing through "wrong" and "right" scenarios.

In short you have to go into a lot of detail with your partner. You have to get rid of any competitive attitude, you have to support each other, not fight each other. There will be a place and time for that, when you can and will have your fun.

2. You have to take an active interest in watching, feeling, exercising the details: the use of the muscles which move your ankles, knees, hips, spine, neck, shoulders, head position, elbows, wrists, hands. Learn to feel over time the connection between different muscle groups; how a slight move of your foot can get you easily out of the distance of an attack, how the slight bend of a knee can multiply the explosive power of your strikes.

3. You have to work very hard on yourself to be able over time to deal with any situation, to solve any problem with the least amount of effort. Is your partner being crushed by your control or can your partner barely or even not at all 'feel' you? Are you always just a millimetre out of reach? Are you surprising your partner with a strike which seemed slow and relaxed, yet feels very powerful? Can you allow your partner, any
partner, to attempt to strike at you at will, and you control it with ease, you move in very subtle and barely seem to touch your partner and let him fly through the room?

The WingTsun-CoreConcepts will give you the ideas of how to learn, how to train, how to achieve over time the type of Wing Tsun mobility, fluidity, elasticity which we call often steel-spring-like, whip-lash-like for a lack of other cool sounding words. The "secret" for your true mastery of skill and knowledge will lie in your commitment to detail, the ability to be excited to work hard and smart, the connection between understanding and studying theory and practice.

Read more in the upcoming book: WingTsun-CoreConcepts, Beyond tradition and technique - training concepts for Wing Tsun Kung Fu students and instructors!

Want progress? Discover what really matters!

A blueprint for training and learning, even teaching Wing Tsun Kung Fu, helping you to improve:

- power
- timing
- fluidity
- mobility
- positioning
- mobility
- distance
- ... and more!

book order on Oct 28th 2017 via: kungfutheworkout.com

The book will be available on October 28, 2017!
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Check out my interview in the Wing Chun Illustrated Magazine, Issue No. 38.

On sale October 13th, 2017 as PRINT-ON-DEMAND and DOWNLOAD (iOS, Android, Kindle Fire, and the Web).
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Ralph Hänel: Gung Fu behind the Iron Curtain to Canada
By Evan Kwong

Learning and teaching Wing Tsun since 1984, Sifu Hänel founded the first Wing Tsun schools in East Germany and Canada. He has been a full-time instructor for 25 years, an online video library publisher, author and actor.

“I teach Wing Tsun from the level of gaining confidence to self-defence skills to learning the martial ART, which is a life-long endeavour. My philosophy is: Set a goal every day and every class. Never stand still. Aspire to be an inspiration to yourself and to others. Make the training enjoyable, challenging and infuse it with humour.”

– Sifu Ralph Hänel

Published six times a year by Mui Fa Publishing, Wing Chun Illustrated is a perfect bound, full-colour, glossy publication. Each 60-page issue comes packed with in-depth content and feature stories by and about the world’s greatest exponents of Wing Chun, regardless of lineage or style. For more details, please refer to: https://www.wingchunillustrated.com/buy