

The Five Hands, the Drills, the Breaks

Wing Chun's 80/20 — what to actually put on the clock.

詠春

"CHEAP" IS ON PURPOSE. "Cheap" is a sport-ethics word — it only means something inside a contract that says *we agree not to do the most effective things to each other*. Wing Chun never signed it. Eyes, throat, joints aren't dirty here; they're the answer that doesn't care how big the attacker is.

THE FIVE HANDS (80/20)

1 • Tan Sau 攤手 "dispersing hand"

Palm up, elbow driven to the centreline. Deflects on the *inside* line while occupying centre. Your default "yes-I-have-the-middle."

2 • Bong Sau 膀手 "wing arm"

Elbow-up rotation — the emergency bridge when your structure is already beaten. *Never a home; always in transit* to Tan Sau or a strike.

3 • Fook Sau 伏手 "controlling hand"

Rests on the opponent's bridge, sensing energy — the "listening hand" of chi sao. Light enough to feel, heavy enough to control the line.

4 • Pak Sau 拍手 "slapping hand"

A sharp lateral slap to the *forearm/elbow* (slow target, not the fist) to clear the line — instantly followed by the strike on the same beat.

5 • Lop Sau 拉手 "grabbing / pulling hand"

Grab the wrist and jerk to off-balance. The single setup that feeds *both* the strike and the joint-break.

The principle they all hang on — Immovable Elbow 不動肘

The hand roams anywhere; the elbow stays put, ~a fist in front of your centre. It's the hurricane's eye — still, while the periphery does the work. Lose it and every hand above collapses.

THE DRILLS

Dan Chi Sau — single sticky hand

The sensitivity *seed*. One arm, Tan/Fook roll, feel-and-answer. Where every beginner starts to read force instead of watching it.

Chi Sau / Poon Sau — rolling

The *engine*. Tan + Bong + Fook rolling with a partner; train the forward-replacement reflex, eyes closed if you can. "If your chi sau is poor, your Wing Chun is poor."

Lap / Pak trapping flow

Grab-clear-hit, looped both sides. The *bridge* from static form to a resisting opponent — this is where the five hands become a fight.

Wall-bag chain punch

Structure + forward pressure + *fa ging* conditioning. Relaxed, elbows down, power released only at contact. Solo, daily. The dummy is the deluxe version.

TIME SPLIT → **60%** sensitivity (chi sau) · **30%** trapping flow · **10%** power. The reflex is the bottleneck, so it gets the hours.

JOINT BREAKS — OFF THE TRAP

Standing armbar / elbow snap. Off *Lop Sau* — jerk the wrist to full extension, drive your forearm down across the elbow, *against* the joint.

Wrist fold. From the *lop* grip, rotate the captured wrist inward-and-down until it buckles. The grab was already there; the lock is just the finish.

Finger peel. After *Chaan Sau* 鏟手 clears their grab, isolate one finger and lever it. Small joint, small effort, fight-ending.

Elbow destruction — Gwai Jarn 跪肘. Trap the arm, drop a kneeling elbow onto the fixed joint. The Anvil principle, standing.

△ THE HONEST CAVEAT

Wing Chun is a **striking/trapping art, not a locking art**. It borrows chin-na (擒拿, "seize & control") *opportunistically* — the pull/jerk is the engine, the lock only lands when the arm is already yours. Deep joint-locking is Hapkido / aikijūjutsu / chin-na's home game. **Bolt it on — systems are LEGO, not boxes — don't pretend WC is Aikido.**

Companion to "Wing Chun With the Training Wheels Off." The five hands, drills, and immovable-elbow principle are grounded in two Wing Chun manuals (Siu Lim Tao / chi sao / trapping); the joint-breaks are chin-na applications that flow from Wing Chun's grab-and-jerk, flagged as an adjacent module per the Fei Kune Do "systems are LEGO" principle. Train with a partner and control your reps — these break real joints. The honesty is the point. — David Kwok Ho Chan, with AI Sifu Claude.