

UWE RICHERT

# HARTES BRICHT

WING TSHUN SELBSTVERTEIDIGUNG  
PRAKTISCHE ERFAHRUNGEN UND PHILOSOPHISCHE BETRACHTUNGEN



Im Streben nach Vollendung  
finden wir uns selbst.

Zurückkehren zum eigenen Ursprung,  
die eigenen Wurzeln ergründend,  
um zu sein, was wir sind.

Buddha

# Hartes Bricht Wing Tshun Selbstverteidigung

**Sifu Guido Kämmerling**

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## **Hartes Bricht Wing Tshun Selbstverteidigung:**

**HARTES BRICHT** Uwe Richert, 2015      Modern Wing Chun Kung Fu Eric Oram, 2011      **Wing Chun** Joseph Cheng, 1976      *Explosive Self-Defense Techniques* Randy Williams, 2007-07-01 A Wing Chun Gung Fu expert draws on his 27 years of experience to present street combat techniques and essays on the study of power advanced trapping principles centerline theory concept of reference and more      **Selbstverteidigung für Frauen und Kinder** Martina Gürster, Eva Pasternak, 2011-03-16 Studienarbeit aus dem Jahr 2009 im Fachbereich Pädagogik Medienpädagogik Note 1,3 Fachhochschule Düsseldorf Sprache Deutsch Abstract Inhaltsverzeichnis 1 Einleitung 2 Definition Selbstverteidigung 3 Philosophie vom Wing Tsun 4 Notwendigkeit des Themas 5 Notwendigkeit der Praxisstunde 6 3 Phasen Modell 6 1 Phase 1 Grenzen ziehen 6 2 Phase 2 Grenzen bewachen 6 3 Phase 3 Grenzen verteidigen 7 Beschreibung der Praxisstunde 8 Beschreibung der Übungen 9 Festlegung und Begründung des Schwerpunktes Sechs Schritte zur Sicherheit 10 Auswertung und Bewertung der Praxisstunde 11 Literaturliste 1 Einleitung Wir haben das Thema Selbstverteidigung für Frauen und Kinder ausgewählt da wir denken dass es unter dem Gesichtspunkt des Themenschwerpunktes Gewalt eines der relevantesten Themen ist In der Praxisstunde bieten wir den Teilnehmern präventive und effektive Techniken um sich in unangenehmen Situationen selbst schützen zu können Mit Hilfe der Kampfkunst Wing Tsun und einer professionellen Trainerin dieser bringen wir den Anwesenden die praktischen Übungen näher 2 Definition Selbstverteidigung Selbstverteidigung ist eine verhältnismäßige Reaktion mit körperlichen Mitteln auf einen ungerechtfertigten Angriff Selbstverteidigung bedeutet in Notwehr zu handeln und alle notwendigen Mittel zu nutzen um eine Situation zu beenden aus der für den Verteidiger schwerwiegende körperliche oder seelische Verletzungen entstehen können Selbstverteidigung und somit eine eigene Anwendung von körperlicher Gewalt stehen immer als letztes einzusetzendes Mittel zur Verfügung M Korn 2006 S 15 3 Philosophie vom Wing Tsun Wing Tsun WT ist ein Kampfsystem dass vor über 250 Jahren in China von einer Nonne entwickelt wurde und nach ihrer ersten Schülerin Yim Wing Tsun benannt ist In Zeiten in denen Auseinandersetzungen meist mit dem Tod ausgingen war es besonders für Frauen wichtig sich als schwächere Person gegen eine Stärkere zu verteidigen Das Prinzip ist es die Kraft des Gegners für seine eigenen Zwecke zu nutzen und dabei auf Show und Akrobatik zu verzichten Bis heute ist die Grundidee die selbe geblieben Intelligente Technik besiegt rohe Kraft Heute ist WT weltbekannt und die kompromisslosen Techniken sind auf den alltäglichen Weg ausgerichtet worden Nun wird viel Wert darauf gelegt die richtige Gestik Mimik und das Einschätzen von gefährlichen Situationen zu trainieren      **WTKEMA Wing Tsun/ WTKEMA Wing Tsun - Praktische Selbstverteidigung** Sifu Guido Kämmerling, 2020      **WTKEMA Wing Tsun - Praktische Selbstverteidigung** Sifu Guido Kämmerling, 2020      **Wing Chun** Richard Guerra, 2020-09-10 A book on the the fighting arts of Wing chun Kung fu as taught to him by grandmaster Leung Ting the last student of the late Grandmaster IP MAN This is the second edition with new photos and Information as in the bow and string concept of

punching      *Selbstverteidigung mit Köpfchen - Wing Tsung* Hans-Jörg Reimers,2007      Modern Wing Chun Kung Fu Eric Oram,2011-12-01 Using a three part perspective on the traditional art this guide illustrates how wing chun kung fu is still deadly and effective in the context of modern combat The first part addresses fundamentals such as the history life benefits concepts principles and basic training including footwork kicks arm movements and reflexes that characterize the art Bridging the gap between wing chun and other fighting styles the second portion explains how a wing chun artist is able to exploit the vulnerabilities in defensive and offensive systems such as kickboxing grappling and karate The third and final section discusses how this particular brand of kung fu is highly effective in street combat both empty handed and with weapons as well as against single and multiple opponents      *The Self-Defense Handbook* Sam Fury,2020-05-11 Teach Yourself Self Defense Inside this four part self defense training manual you will learn The Principles of Self Defense The information in this section is more valuable from a self defense point of view than any of the individual techniques Basic Self Defense Techniques Simple and effective moves to escape your attacker s and get to safety Advanced Strikes Strategies Use these tactics when the basic self defense techniques are too aggressive such as in a friendly pub or schoolyard brawl Weapon Disarms Advanced lessons on how to disarm an attacker and fight multiple opponents This is the only self defense training manual you need because these are the best street fighting moves around Get it now Discover Real Street Fighting Tactics The best target areas for self defense and which strikes to use How to achieve street fighting knockouts Ground fighting techniques for self defense Easy to apply strategies for attack and defense The correct way to use choke holds and how to escape them The best self defense objects from everyday items Weapon vs weapon street fighting training How to adapt what you learn to any situation Adapted From Proven Street Fighting Styles This no nonsense self defense training manual focuses on the most effective techniques from a wide variety of martial arts including but not limited to Jeet Kune Do Bruce Lee s martial art Vortex Control Self Defense eclectic self defense Kali Escrima Arnis Filipino weapon based martial arts Wing Chun efficient Chinese martial art Krav Maga Israel military Systema Russian military Mixed Martial Arts strikes and ground fighting and more Limited Time Only Get your copy of The Self Defense Handbook today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more Teach yourself self defense that works because this is one of the best street fighting books around Get it now      **Die weiche Form der chinesischen Selbstverteidigung, Wing Chun, für Frauen und Männer aller Altersgruppen** ,1991      Basic Wing Chun Training Sam Fury,2015-07-05 Teach Yourself Wing Chun Adapted for the Streets This is Wing Chun martial arts training as modern self defense It starts with Wing Chun techniques for beginners and advances up to sticky hands Wing Chun Chi Sao Anyone interested in martial arts will learn from these Wing Chun training techniques Those who will benefit most are People who are thinking about learning Wing Chun Kung Fu but first want an insight Those who want to know basic principles and techniques before joining a Wing Chun dojo Beginners who want to supplement their training Anyone that

wants to learn how to adapt classic Wing Chun to the streets of today Teachers of Wing Chun Kung Fu who want some ideas on training beginner students Anyone that wants to self train in Wing Chun Kung Fu You ll love this Wing Chun training manual because it adapts a proven martial art to the streets of today Get it now Jam packed with Wing Chun Training Techniques The legendary Wing Chun punch Arm locks Wing Chun strikes including punches kicks elbows knees and the chop Trapping and grabbing Interception and counter attack Repeating punches Defending against common attacks and combinations and much more Contains 42 Wing Chun Lessons and 97 Training Exercises Basic Wing Chun theory is embedded into practical lessons Conditioning exercises to give your body the strength to do the techniques Basic footwork for speed and balance The Centerline Principle a core concept in Wing Chun Wing Chun training drills for developing lightning fast reflexes The direct line principle Use of training equipment Correct body alignment and weight distribution for greatest stability speed and power Learn Traditional Wing Chun Hand Techniques Tan Sau Dispersing Hand Pak Sau Slapping Hand Bong Sau Wing Arm Lap Sau Pulling Hand Kau Sau Detaining Hand Fut Sau Outward Palm Arm Gum Sau Pressing Hand Biu Sau Darting Hand Limited Time Only Get your copy of Basic Wing Chun Training today and you will also receive Free SF Nonfiction Books new releases Exclusive discount offers Downloadable sample chapters Bonus content and more This Wing Chun book is perfect for self defense It does not rely on strength or physical size to be effective Discover how you can adapt classic Wing Chun to the streets because the traditional stuff doesn t work in a brawl Get it now *Die Kunst des Wing Chun* Lese Glück,Mario Lopez,2025-08-20 Die Kunst des Wing Chun Pr zision Effizienz und Tradition in einer der wirkungsvollsten Kampfk nste der WeltWing Chun ist weit mehr als reine Selbstverteidigung es ist ein durchdachtes System das auf Geschwindigkeit Effizienz und strategisches Denken setzt Dieses Buch vermittelt nicht nur Techniken sondern ein tiefes Verst ndnis f r die Prinzipien die Wing Chun zu einer der effektivsten Nahkampfk nste machen Klappentext Wing Chun die Kampfkunst die auch Bruce Lee ma geblich pr gte basiert auf klaren Prinzipien und praxisnahen Anwendungen In Die Kunst des Wing Chun f hrt Sie Mario Lopez einer der rangh chsten Wing Chun Meister Europas und offizieller Nachfolger von Sifu Randy Williams von den Grundlagen bis zu komplexen Techniken Mit einer einzigartigen Kombination aus anschaulichen Abbildungen pr zisen Erkl rungen und ber 100 begleitenden Lehrvideos erhalten Sie ein vollst ndiges Trainingskonzept f r alle Leistungsstufen Ob zur Selbstverteidigung zur Verbesserung Ihrer Kampfkunst oder als fundiertes Nachschlagewerk dieses Buch gibt Ihnen das Wissen und die Werkzeuge um Ihre F higkeiten nachhaltig zu entwickeln Sind Sie bereit Ihr Wing Chun auf das n chste Level zu bringen Ihre Vorteile auf einen Blick ber 40 Jahre Wing Chun Erfahrung in einem Werk Profitieren Sie von der Expertise eines international anerkannten Meisters mit jahrzehntelanger Unterrichts und Turnier Erfahrung Schritt f r Schritt Anleitungen mit erg nzenden Lehrvideos Verst ndlich erkl rte lehrreiche Videos in beinahe jedem Kapitel abrufbar ber QR Code unterst tzen Sie beim praktischen Training Detaillierte Bildfolgen zu jeder Technik Von Beinarbeit und Schlagtechniken bis zu komplexen Verteidigungs und Trapping Methoden wird jede Bewegung

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