

Chum Kil: Some Introductory Points

Chum Kil is the second of the three open hand Wing Chun forms. It may be translated as «bridge seeking». It is a traditional open-hand form from Wing Chun and has its origins in the Shaolin temple.

Technical Benefits of Sil Lim Tao

Chum Kil develops precise footwork, synchronisation of the hands and feet and correct strike alignment. The form also introduces kicks and thus develops both these and one-legged stances and balance. Chum Kil also develops stances and turning. In the Classical Wing Chun version of the form, circular footwork and box-stepping are developed. In other systems, emphasis is placed on turning and centring. Finally, Chum Kil develops independent two-handed coordination.

Chum Kil Fighting Applications

Chum Kil incorporates a number of practical fighting applications. Conceptually, the form develops positioning around an opponent through box stepping and correct body alignment for striking.

The form contains applications for arm breaks, varied striking angles, multiple opponents, simultaneous attack and defence, and throws in addition to kicking and sweeping.

Stance Training

While Sil Lim Tao focusses exclusively on stance stability, Chum Kil places the practitioner in an environment where both movement and stability are required. Thus, one must move in coordination with the limbs and position one's feet precisely for either offence or defence at the termination of the movement. Early on, this stop-go formula appears rigid, but mature practitioners become fluid. They exhibit a natural ability to align their bodies correctly either for a strike or with coordinated defensive hand shapes. Regular practice of the Chum Kil form develops this understanding of precise positioning and alignment.

The Centre and Central Lines

In Classical Wing chun, the Chum Kil form is employed extensively to reinforce the relative positions of practitioners' centre and central lines. Although the positions of these relative to the body remain constant throughout the form, the positions relative to the initial baseline vary considerably. Chum Kil incorporates neutral, side and front stances and students become familiar with their centre and central lines in each of these positions. Non-Classical Wing Chun schools place less emphasis on this (particularly the notion of central lines as these are a Classical Wing Chun construct), though the position of the body relative to the hands is equally important.

Power Generation

Chum Kil teaches several interesting power generation techniques not seen in Sil Lim Tao. These include:

- whipping hand
- rotary power generation from the rear foot
- reverse rotary power generation (see final section of the form)

Final Notes

Chum Kil also introduces the student to:

- distinctive strikes aimed at specific pressure points
- po pei: double handed strikes in various combinations and applications
- low bon sao (low wing arm): this is a very typical Chinese martial art defensive position
- multiple strikes and complex combinations
- kicking and kicking combinations

Chum Kil develops Wing chun practitioners significantly. It adds major elements to their footwork and challenges their coordination significantly. Finally, it introduces important combative techniques, provides a physical link to other Chinese arts and puts the distinctly Wing Chun concepts of centre and central line into practice in a perfect environment.

If you have questions regarding this, please address send these to: baerum@wingchun-kungfu.org