

Wing Chun Warrior: The True Tales of *Wing Chun Kung Fu* Master Duncan Leung, Bruce Lee's Fighting Companion

MARTIAL ARTS / BIOGRAPHY by Ken Ing, M.D.

Duncan Leung was introduced to *Wing Chun Kung Fu* by his childhood friend, famed screen star Bruce Lee. At the age of 13, after the ritual of 'three kneels, nine kowtows' in the traditional Sifu worship ceremony, he became the formal disciple of sixth-generation *Wing Chun* master Yip Man. Between 1955 and 1959 he studied with his Sifu at home, where Yip taught him how to apply *Wing Chun* to actual fighting. Leung trained six hours a day, seven days a week for four years, and used this knowledge fighting in the streets and martial arts studios of Hong Kong.

In 1964 Leung befriended an old man who taught him rare secrets of close fighting, including the art of disarming a knife-wielding opponent. When he opened his *Wing Chun* studio in New York City in 1974, he was challenged by martial art practitioners of every school and was undefeated. Since moving to America in 1976, he has taught US Navy SEALs, the FBI, and various SWAT teams.

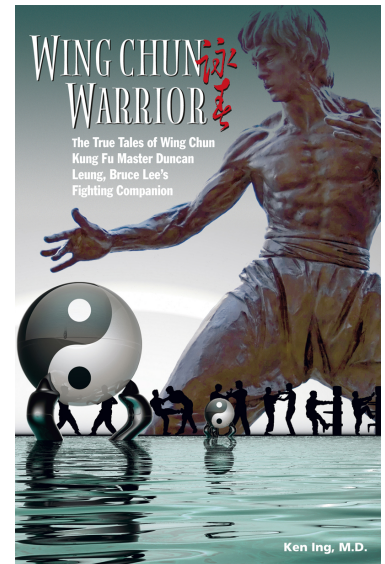
In 2002 he accepted perhaps the greatest challenge of his life: to train six Chinese teenagers to become world-class professional fighters within two years. To this end, he returned to China to accomplish what many considered an impossible mission.

Reviews

"Wonderfully informal and instructive. There are many stories and personal revelations that should be fascinating, intriguing and occasionally infuriating to students of this style and those interested in the clouds surrounding the Hong Kong days of Bruce Lee and others." — Ted Mancuso, *Everything Wing Chun*

"There are some gems in the text that have the feeling of a 1950s Hong Kong film. For example, when Leung is queueing up for an evening function and two triads jump the queue, he decks them, much to the admiration of the crowd. But he has only a moment to enjoy their adulation before he spots 20 men with broken bottles heading for him. He then runs 2km, loses his entourage and comes to rest at the Queen Victoria statue in Victoria Park, where he promptly vomits. There are also his references to his friend Bruce Lee, who to a certain extent has become more legend than man — that as well as fighting, they were Elvis Presley fans and enjoyed dancing, at which they were apparently skilled. The book describes the two teenagers going to weekly dance classes so they could swivel their hips like the King." — Annemarie Evans, *South China Morning Post*

"A great addition to your collection." — *Wing Chun Archive*



Movie-related Publicity

A film about Yip Man – entitled *Ip Man*, in the alternative spelling, and starring Donnie Yen and Simon Yam – was released in local cinemas in December 2008. China action star Jacky Wu Jing then created uproar among *Wing Chun* followers by claiming he did not know who Ip Man was. Eight *Wing Chun* councils held a press conference to point out that Wu had never represented China in any international competitions. The councils offered to send one male and one female disciple to engage in combat with Wu. The losing party will have to donate \$500,000 to a charitable cause. This episode illustrates the depth of feeling still held for Yip Man, Duncan Leung's teacher.

About the Author

Ken Ing, M.D., graduated from the Middlesex Hospital Medical School, University of London, in 1970, practiced in Canada and Hong Kong, and retired in 1997. He was introduced to Duncan Leung in 1999, unaware that he was meeting a master of *Wing Chun Kung Fu*. It was only a couple of years later that the author discovered Duncan's real background, at which point his dream of assisting in the transmission of this martial art to future generations was born. After learning *Tu Na* from a recluse in 2004, Ken was introduced to Zhu He-ting, the revered master of the breathing art, who encouraged him to prove scientifically that practicing this simple natural form of breathing is beneficial to health. The book will soon be ready for publication. In the past two years, Ken also translated *Bypassing Bypass Surgery* by Elmer M. Cranton, M.D. into the Chinese language. It was published in March 2008.

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