

*Last time we looked at Bong Sau and how we could use it to attack as well as defend. This issue we look at the Fuk Sau. Although it is a covering technique, it is very useful for setting up decisive strikes.*

# Wing Chun's Fuk Sau

**F**uk Sau is a covering and controlling technique within Wing Chun. If you have ever seen a cat playing with a toy, the way it uses its paws to cover and control the toy is where this technique takes its name. Fuk Sau means 'resting on' hand.

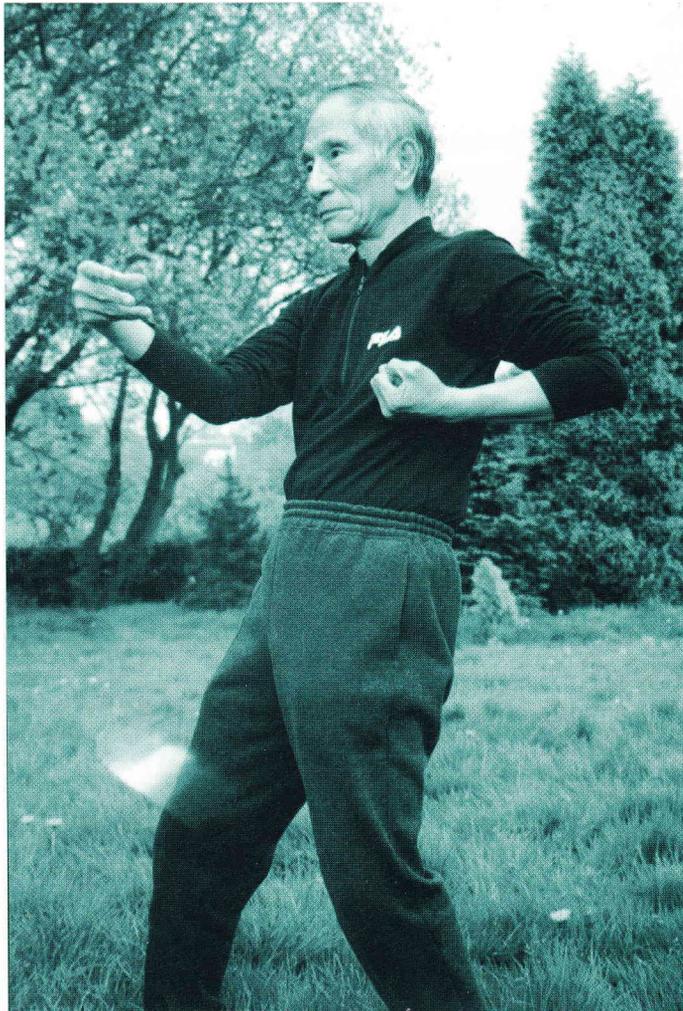
Of all Wing Chun's basic techniques, Fuk Sau is the least obvious and the hardest to perform correctly. Although it is not as technical as Bong Sau or as practical and obvious as Tan Sau is, physically, it is the most difficult to perform correctly. This is further emphasised if you cannot perform it correctly, as you will be more open to your opponent.

There are two basic types of Fuk Sau and like most things in Wing Chun, these are introduced to us in the first form, Siu Lim Tao.

The first Fuk Sau is introduced in the first section of the form. Here the arm is slowly pushed forward with the wrist bent and the elbow moving into the centre. The second Fuk Sau is found in the second section. Here the wrists and hands are relaxed and the elbows slightly open. The first Fuk Sau is the hardest one to perform. In the form, the elbow and forearm must lie on the centre line and the elbow must be at least one fist's distance from your chest. The reason for this is to cover your centre, control it and not allow your opponent to get into your centre. To do this we say, 'Your elbow must be strong' and this strength, also referred

to as Gong Lik, is built up by repeated practice of this movement (for more information about Gong Lik see the book *Wing Chun Traditional Kung Fu for Self-Defence and Health*).

Fuk Sau is used to sense what your opponent is doing, and it is used a great



deal in Chi Sau. The important thing to remember when using Fuk Sau is to maintain a light contact and not to push your arm "off centre". If you do so, you will open yourself to attack.



In general the "elbow in" Fuk Sau is used when you are close to your opponent, facing him or her and have contact with both hands. The "elbow out" Fuk Sau is used when there is more space between you and your opponent, or you have turned or you have contact with only one hand. Of course, there are many different situations where either Fuk Sau can be used depending on what your opponent is trying to do, but also just as importantly, what you are trying to do or make happen.

Here are some examples of using Fuk Sau for you to try and maybe they will give you some ideas and open up different ways of using this technique.

The first is a use for the elbow in Fuk Sau, it can be applied from a basic Chi Sau position, or any time you find yourself facing your opponent with contact on the outside of his arm. As he punches towards, turn 45 degrees, keeping your Fuk Sau in contact with his arm (Fig 1). There is no need to push his arm, as you have turned out of harm's way. Be careful to keep your elbow in. As you have turned, he now tries to force his way in by using a Pak Sau (Slapping hand) against your Fuk Sau. As he does so lift your Fuk Sau so he is slapping your elbow (Fig 2). Notice how

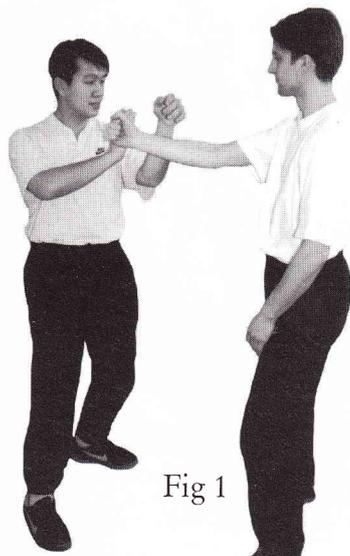


Fig 1



Fig 2



Fig 3



Fig 4



Fig 5

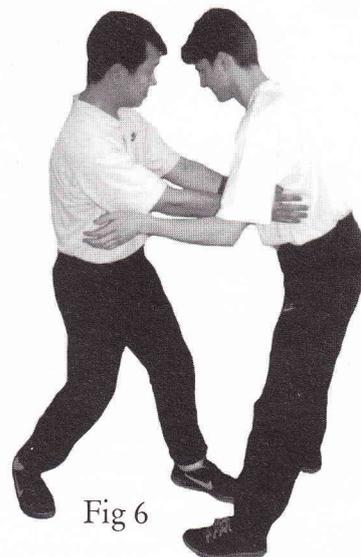


Fig 6

himself, circle your hand round to sweep his arms out of the way. At the same time you can counter-attack (Fig 3).

The next example uses the "elbow out" Fuk Sau. There is more space between you and your opponent and you are at a slight

push his fist back towards your face. Maintain the position of each Fuk Sau so he cannot strike you directly. Thus, the only way for him to strike you is to push your arms. As he pushes circle your hands inside his arms and strike his ribs, stepping forwards as you do so to increase the effectiveness of the strike (Fig 6) ■

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he is slapping along the line of your arm into your body. Since your body is behind the Fuk Sau it is naturally very strong and there is no need for you to push back (the same theory as the 'strong' Bong Sau, see last issue). If your angle is not right he will be able to slap your arm out of the way.

Since you do not need to use any energy, you can remain relaxed. If you like, you can let him try to slap your arm out of the way a couple of times, each time he tries he will use a little more energy. Then when he has committed

angle. In this situation, it is safe to use this Fuk Sau (Fig 4).

As your opponent punches towards you, turn and cover his punch with an "elbow in" Fuk Sau. Make sure you turn enough so you are not in line with his fist (Fig 5). When your opponent realises you have turned he will try and