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International Wing Chun Organization

OFFICIAL ANNOUNCEMENT

REVISION OF THE IWCO PROGRAM – LEUNG JAN WING CHUN

The revised IWCO curriculum represents a synthesis of two primary lineages: Ip Man Wing Chun and Gulao Wing Chun. Rather than being treated as separate styles, they are integrated into a unified system, complementing one another seamlessly in terms of combat distance, positioning, and application of force.

The distinctions between the Ip Man and Gulao branches are not immediately obvious because of its historical development. While the Ip Man lineage has gained worldwide recognition, Gulao Wing Chun has remained less prominent, often regarded as a lesser-known branch. In reality, it is not a separate style, but rather the long-concealed counterpart of a complete system.

Philosophy and Approach: Two Sides of the Same Coin

The IWCO program has been revised based on a deep understanding of the key differences and complementary nature of these two lineages:

- **Forms and Techniques:** Ip Man Wing Chun employs three classic forms (Taolu) along with a wooden dummy form. Gulao, by contrast, distills its essence into twelve key techniques, practiced through partner drills derived from these techniques. Execution emphasizes body rotation and sophisticated footwork, embodying the Taoist principle of minimalist efficiency.



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- **Combat Distance:** Ip Man training focuses on the "first and second gates" – the wrist and forearm. Gulao specializes in the "third gate," operating at an ultra-close distance involving the shoulder and torso. At this range, arm strength gives way to power generated through whole-body mechanics.
- **Dynamics and Energy:** Gulao emphasizes shifts in the center of gravity, driven by deep hip and torso rotations of 90 degrees or more. This enables a practitioner to neutralize a physically stronger opponent without relying on muscular force.
- **Training Tools:** The wooden dummy form in Ip Man Wing Chun serves as an excellent training aid for understanding varied combat scenarios and developing Yiu Ma Hop Yat – the coordination of waist and stance. Gulao, however, does not employ the wooden dummy (Muk Yan Jong), as it is seen as fixing distance, whereas Gulao's focus is on fluid, close-quarters engagement.

Thus, Gulao and Ip Man Wing Chun are not competing styles, but complementary stages within a single, unified system. Gulao unveils advanced body mechanics and close-range tactics, representing a logical progression from the principles embedded in the foundational Ip Man forms. Together, they restore the holistic legacy of Leung Jan's Wing Chun.



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IWCO is dedicated to promoting martial arts as a path of comprehensive physical and spiritual development. This practice cultivates not only strength and agility, but also discipline, confidence, and a profound understanding of one's own potential.

Wing Chun training transcends practice in the classroom; it is a daily discipline applied to everyday life. It is a battle against one's own ego, fears, addictions, and laziness. The goal is not to conquer an external opponent, but to triumph over the person one was yesterday. As the saying goes, "To surpass others, nothing surpasses surpassing oneself."

For any inquiries, please contact us at:

Phone: +852 5618-3588

Email: info@iwco.online

Website: www.iwco.online

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