

PLUM BLOSSOM SECRET

By George Jonker

INTRODUCTION

by Daniel Xuan

Although writing about Wing Chun and running a website do not bring me profitable gains, I do gain by meeting wonderful and intellectual people, and fellow Wing-Chun practitioners. After first contact, I often exchange mail with them on personal basis as well as exchanging ideas about Wing Chun. It has been, and continues to be, a pleasure communicating with them. One of these interesting correspondents is Sifu George Jonker; a Dutch native living in Victoria, Australia.

Sifu Jonker and I began communicating in July 2007. After some communications, I learned that he was quite an inventor. Two of his outstanding inventions are the Interpreter and the Plum Blossom Stakes (Poles). The Interpreter is a mechanical-type training dummy that has spring-loaded body, arms and legs. The Plum Blossom Stakes design has 5 short stakes, laid on 5 points of a pentagon shape, over a flat foam, marked with intercrossing lines and triangles.

After some mail exchanges, Sifu Jonker decided to put his thoughts and concept of the Plum Blossom on paper, and share with me. Sifu Jonker continues to write more; however, with the time required to complete such a large project, I've asked his permission to share his documentation, as it stands now, with WCATS members and visitors.

Sifu Jonker's documentation on the Plum Blossom Stakes is not just about his invention and how to train on it, but the secrets and meaning of Plum Blossom. I feel that I would not do justice if I were to summarize the contents of Sifu Jonker's documentation, so would just let you go right into it from here.

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WING CHUN AND THE PLUM BLOSSOM CONNECTION.

Imagine a plum tree in springtime with its blossom in full glory.
The beauty cannot be ignored, and will make you look at it.
The flowers are set in all directions, and will face wherever suitable.
They overlap and create a blanket that will cover every tiny gap.
They are all connected and fed from the same root.
There is no interference, but all understand their function and
reasons to work together as one.



For the little time that they exist, they realize that they are all perfect in
their own way, and therefore, are able to survive.

Now, the other part of this story.

This document is just a glimpse of what you can discover in a simple plum blossom, and will depend on your own experience, depth of understanding, and openness to find out how plum blossom will relate to Wing Chun Kung Fu.

The only way to find out if this document is of any interest for you is to **read all of it** and have an open-mind approach, so that you can think it through first, and excess the information in depth.

But first, a bit about who I am, and about my journey in the Wing Chun arena; plus some other details to ensure some clarity and additional info.

My name is George, born in Holland, and was introduced to Wing Chun Kung Fu in 1978.

All we knew at the time was that this martial art came from China and was used by Bruce Lee.

Through my upbringing I was exposed a lot to gardening and nature. That's why, not surprisingly, I ended up studying horticulture in 1976; nonetheless, it was kind of surprising for me that I started Wing Chun 2 years later.

As you can understand now, with this little intro, I could not help but be caught in full fascination of my first observation of the symbol used by the club as its logo -- a plum blossom flower with the 5 petals and a Yin and Yang heart (center).

To make it more interesting for myself, my lucky number is 5. I like the number "5" because it represents the first letter of my name in Dutch, Sjors (also 5 letters). I did not know then, but I ended up now with a family of 5 members, and have had many more encounters of 5 through the 50 years I have wandered on this earth.

A couple months after my first encounter with Wing Chun, I was introduced to a Chinese kung fu teacher, Mr. Joseph Wong, spoke very limited English at the time, explained to me that "Wing Chun" is suppose to mean "Plum Blossom." My understand the was that any other interpretation would be incorrect, but over the years many more interesting translations have come forwards with no revelation that made a real difference.

It is not much of a concern to me what meaning one would want to add at the end of the day, because they all could be valid in a way and help clarify the real meaning.

I will address more about Number 5 a bit later, so keep reading.

Since my first exposure to the Wing Chun system and what Joseph had told me, I kept wondering what to make out of the symbol, and always felt that there was more to it then just the meaning of a flower. As mentioned before, over the years I have come across many more translations or interpretations of the Chinese characters "Wing Chun".

Lots of stories have come from the history books, and all of them have spent time to find the true origin or roots of the Wing Chun system.

We end up with many different answers and claims that do not approach the truth.

Maybe it has to be that way, or maybe it was the intention of our ancestors to create a chaotic situation for all martial artists of all styles, making sure that there were constant challenges and tests for the systems, to keep them alive.

Or it might have been just the evolvement of natural circumstances, without any specific meaning or thought that would influence the present or future.

Whichever the case may be, the main reason for me to put pen to paper is to make sure that this discovery is not left to die, like so many other so called secrets.

You have to understand that it might not be a secret at all and that there might be someone out there already having the knowledge about this discovery, which would really be a collection of ideas and information like a jigsaw puzzle, left for us to piece together.

Also, keep in mind that I was brought up with Western values, and think generally different from the Chinese.

The chances are that by writing this down I might prove myself incorrect in many ways, and discover that I have completely missed the concept called “Wing Chun Kung Fu,” and have lots to learn yet.

I can understand that many would see it that way, but I believe that I have nothing to lose by writing my findings down, and hope that the information would be adding to whatever is already available, even to just balance the Yin and Yang.

Believe it or not, at this point, it doesn't really matter what the thoughts are, but I am going to stick with the Plum Blossom symbol explanation of Wing Chun for its great value, as it will assist Wing Chun practitioners to understand the bio-mathematics and geometry of angles, body-weight shifting, correct punching, correct feet shifting, and many more issues that Wing Chun students battle with in traditional training. (I am not making it wrong, only stating a fact)

The Plum Blossom holds the foundation and structure (housing) for the whole system.

My first teacher, Joseph told me very early in his teaching that everything you can imagine and think of is already there. The only thing you have to do is learn how to access it, and to remember how you got there.

The Plum Blossom pattern is the means to all the angles, footwork, directions, force, timing, travel, transporting, defensive and offensive techniques, moving with minimum (light) effort. It develops anchorage, balance, strength in feet, ankles, calf muscles, upper legs, the back and more.

Together with everything that Wing Chun offers on the outside. it makes it perfect, and will express our own limitations so we can adjust them as required.

The most amazing thing is that all the forms and drills begin to make more sense. I have come to realize how much more you can discover by asking questions, and finding the answers in a very simple and uncomplicated manner. Which is how it should be:

The Wing Chun Way is effective and economical.

I have found that the Wing Chun system will not cheat and lie. If you do not listen, you will find out otherwise.

The reason for this is that the system has no emotional hang-up, therefore, have a very clear and objective response. Again, this is the Wing Chun way of expressing what is required.

We should all be familiar with this concept when we train with the Wooden Dummy

Everything you do with this information on the Plum Blossom pattern will show you results without any written or spoken words, but will talk through itself; almost like Chi-Sao, but within yourself.

On the outside, the Plum Blossom is only a pattern; however, behind this flower is the Wing Chun system as a whole. Only by exploring this potential will it open its doors to places you've never been before.

Of course, it will only be optional for those who would like to explore the possibility of truth without making it negative.

Please understand that this experience will be different for every individual.

All I am doing is sharing my findings. I hope that this will activate your curiosity, and have you look at the Plum Blossom Theory from a different angle.

- Most practitioners know that the Plum Blossom in Wing Chun's history has always been just a symbol.
Many would not be aware or know that it holds the so-called hidden secrets.

Many have made claims to their superior systems or styles based on their lineages, scientific explorations, technical explanations, and other means.

- The Plum Blossom pattern does not make any claims of right or wrong.
It tells you what it is, and leaves it up to you to decide the relevance of the explanations and how you are going to use the information.
- The Plum Blossom holds together the whole system.
If you look for answers on footwork in Chum Kui, Bill Jee, Wooden Dummy and more, you will find them in the Plum Blossom pattern.
I believe that it does not discriminate any lineages.

Learning Wing Chun from my first teacher Joseph Wong (better known as Master Joseph Wang Kui) was very different than learning from Sifu Del Fisher.

Having spent a similar amount of time in both lineages, I learned that there is not one superior style over another, but that there is only one system, which was passed down by Ng Mui, that is open to interpretation and application. You can tailor the system to suit each individual.

Your Wing Chun grows constantly, and matures over time.

The more you put in, the more you get out; however, it will have ups and downs to ensure that you appreciate what you learn.

From my own experience, without going into details, I can share the following with you:

Joseph Wang Kui taught me a soft and feminine style with almost no footwork, when compared to Sifu Del Fisher's style, which felt hard and rigid, with small regimented footwork.

Understanding a little bit of the Chinese secretive ways, it seems that the "Wing Chun" name was a cover up for good reasons.

The name of this system is very important, and is probably not only a name of a nice lady. At this point, I will not delve on this issue; however, it might explain the chaotic results, dead ends, and unanswered questions.

As most of us know, the history of China has much to do with it.

We also have to realize that in the days of Kung-Fu in China, there were no influences from the West in terms of martial arts, and the way things were approached.

It would probably be the other way around where Kung-Fu styles influenced martial arts outside China.

There are constant changes throughout the history of the Universe, causing mankind to develop, learn, re-learn, explore, discover, make, invent and adapt to this environment so one can survive.

The western way of thinking is very different from the Chinese, and what I have learned so far is that “Wing Chun” should never be set in concrete, because it will not work.

Wing Chun is natural, and if you want it to be effective, it has to be your Wing Chun.

In many aspects it will represent the way you see things, respond to things, deal with issues and deal with the constant changes that are taking place.

The world today is more intermingled, and in many ways, gives us opportunities to advance ourselves faster; however, it will also cause confusion, and ask for corrections to achieve balance.

Please don't get me wrong, I believe that everybody has to live a style/art to ensure that there is complete understanding and mastery of skills.

The symbol “Plum Blossom” is the universal formula for the foundation and structure = (housing) of the Wing Chun system.

Ingeniously designed by using simplicity beyond most of our imagination.

Looking at the “Plum Blossom”, a symbol used by many, it is easy to understand why this flower is a distraction and does not reveal the hidden secret inside its innocence.

To unlock the Plum Blossom, we have to start by connecting all the centers of each petal together in a circular motion and what we find inside will be the shape of a regular pentagon. This will create 5 corners and a center (see page 8 for diagram), which can be used horizontally as well as vertically, or any angle.

It should be used and handled in a 3 dimensional image, not 2 dimensional image.

Each side should catch your imagination and see the pentagon shape as a guarding shield that can be used to protect the center. I am not going to reveal and explain many details at this stage, because I feel that you have to use and activate your own mind, not mine. But it's a bit like handling the shield as a cover and protection against invasion of forces by guiding them and redirecting their path into a direction that will create opportunity for yourself.

Many will say “we knew this”, but I have not even started and challenge you to take on a small test and have a little taste of this theory.

Try the following instructions: Make 2 Bong Sao's with 2 arms at the same time, this will create an almost equal 5 side shape, which is called “regular pentagon” that is creating an imaginary shield for the upper body using diversion and deflection of the incoming attacks on impact.

If your arms are too far forward you will have strain on your shoulders and tense up. If your hands are too close to your chest your elbows stick out too far and you feel weak and vulnerable. Its like invading your own territory.

This way anyone can check their own correct technique that will suit them naturally and within the means of their own body and Wing Chun development. By lifting the arms you can check what is the natural relaxed height level and same with going downwards. This will show that every person has his own and the Wing Chun system is only guiding you so that you can be conscious of what it means and make it your own.

This application (test) is just showing you what the body should look at and then you still require to learn how this is going to work in a confrontation with an opponent.

There is only one of you with your body. Discover to understand what you do in the Wing Chun.

As you train and get older your body will request adjustment and changes the way you do things mentally and physically. The good thing about Wing Chun is that it will allow you to do so without major problems.

Back to the test. Things become more interesting when you question the relationship between the pentagon shape, the 5 equal sides and the 2 Bong Sao's.

Check the following. Make sure you have the 2 Bong Sao's correctly in the front of your body. Then take the 2 bent arms and chest lines and as you see they should create a pentagon shape.

To check this in measurement without using a measuring tape, place your right arm straight ahead in line with your right shoulder and bring it across the front of your chest, so that the **right** arm elbow is in line with the **left** shoulder.

The upper arm is approx. the same length as the dimension between your two shoulders. Taking the measurements from centers of the shoulder to elbow and shoulder to shoulder. Then check your forearm by holding it in front of your stomach and generally the forearm is approx. the same in length as the upper arm and the dimension between the shoulders. Again measurements are taken from centers as with the upper arm.

Both arms will give you two equal sides = 4 sides + the dimension of the shoulder (chest) will make it 5 equal sides in the shape of a pentagon.

Pretty amazing stuff once you explore the regular pentagon pattern for the Wing Chun system,

As promised here a couple things on the number 5, just to make it all the more interesting check it out

- The name Ng Mui apparently stands for = 5 plums or pieces.
- Wing Chun could have carried the meaning of Plum Blossom = Springtime = New beginning.
- Ng Mui has been known to be a plum blossom pole master.
- There were 5 elderly monks that escaped the Shaolin temple
- Plum Blossom poles were set in the ground as a regular pentagon shape with 5 poles and one pole in the center. No other pole training system would use this configuration.
- The pentagon shape is symbolic for the figure 5
- The pentagon and the number 5 appears in many aspects of Chinese life.
- There are 5 elements, earth, fire, metal, wood and water.
- 5 external co-ordinations, eyes, mind, hands, waist, foothold.
- 5 internal co-ordinations, spirit, purpose, endurance, internal power and trained strength
- 5 is the symbol of human microcosm.
- The pentagon is endless.
- The pentagon is sharing the symbolism of perfection and power of a circle.
- Five is the marriage of feminine and masculine,
Feminine to being even, as 2, in frequency and
Masculine being odd as 3 in frequency. Together that make 5.
- Go and dig, you will find much more on "Plum Blossom" = "Pentagon"

Where to start?

I do not know and with this thought I believe many of you do not know either

Many of us are and have been looking for the answers and the truth of the why's, how's, when and where.

Due to our own interpretations many have come up with explaining the Wing Chun as kung fu.

Many talk about really understanding and truthfully activating skepticism.

Many praise their lineage to force the so-called right way, instead of mastering their own

Many make claims to make money generating only temporary commitment in general.

And all of these actions are relevant to our being and the way we live today.

My own position in the Wing Chun world is a very humble one and I mean no offence to anyone with the information which is written so far and the information that is going to follow.

My Wing Chun history is not of great meaning for anyone, which would make it difficult to judge this information for its value and understandable for many not to accept my findings and/or agree.

I also understand that all the bickering within the Wing Chun world is also part of our being and gives us the comparisons that are required to find a way to show the endless usage of this genius composed system. Making it to function ultimately and without fail so that we can commit our desires and for fill the aim of mastery and skill within ourselves and at our own ability.

The general impression of Wing Chun is that it is a martial art or kung fu style and that it was developed by a nun Ng Mui who passed it on to a lady called "Wing Chun" there are many variations of how it has come from the past to the present.

But what is important is that during this journey of Wing Chun as a martial art, lots of information has been chipped away by the changes of time and development in the name of progress.

Many of the chips that have come off are spread out and have caused wear and tear or are added to some other form of martial art.

Even in today's world this is an ongoing cycle, as you can see right now with this document being a good example of becoming a part of this cycle.

I do not know for sure, but many have searched for the true roots of this incredible system and we all have managed to pick up some pieces and work with them to for fill the perfect completion.

We all are digging into history, sourcing technology, science and other methods for answers and analyze the small pieces we find.

Over 35 years I have read and heard many stories. All they have done so far is letting me know what it means to back up a difference of opinion about details, but they are never full proof arguments and we are still left with several options.

In my search for the true understanding of Wing Chun I have come to realize and have to add I am not on my own in this, that it is not a martial art, but an amazing deep self thinking system, which allows for **the beauty of imperfection**.

Training technique is developing skills that become useful for mankind, understanding the technique will make it useful and extend the boundaries of unlimited possibility.

As I said before, the Wing Chun system is based on a regular pentagon shape, which holds the secret code of the system = Plum Blossom. Anyone that has experience in designing systems or other will appreciate the effort that one goes through to achieve a perfect result.

This system is superior to most and is probably one of its kind.

Understanding that Ng Mui was brought up in a military environment and from what I understand trained on plum blossom poles from a very early age.

It clearly shows, when analyzing the Wing Chun system that there is military knowledge applied and this has been combined with physics, scientific knowledge, bio mechanics and more specialized understanding and knowledge about all the facets needed to engineer such an ultimate system.

Claims are made that it is a circular martial art or triangular one, square and rectangular.

These are subjects that carry many variants and they all could have relevance.

None of them have achieved a satisfying result and many Wing Chun practitioners are still searching for answers. Most will adopt other martial arts to fill in what they think is missing.

Off course, this is a good reason to point fingers at Wing Chun and decide that no martial art is perfect.

I am not a judge of this, but I have always maintained that Wing Chun always has an answer.

We have not yet reached the level of understanding to find answers to what has not.

Of course, this is not very useful information when you are in the middle of a fight, but it will tell you the level of skill and mastery you have.

I am certainly not trying to tell everyone how it is, but hope that my thinking is going to be helpful in time; however, I do know that it is making a huge difference for me and my students.

Back to the Regular Pentagon = Plum Blossom.

I believe that this shape/symbol, will explain where we are, and why we do the things we do in Wing Chun.

On the outside, a pentagon is close to being circular; so why this shape?

One of my reasoning is that once a circle is activated, and moves in a circular physical motion, it will have difficulty stopping promptly.

If you look at a military plan for a castle, you would understand that a round castle would look nice, but the functionality for defense would have to be questioned.

Having an almost circular shape, like the pentagon for example, will be more reasonable and is controllable, as it will have specific corners placed at strategic positions. There will be starting and finishing points, and direct straight lines to ensure quick actions.

With a pentagon in a motion of circular movement it will eliminate the chance of an overrun, because of the specific distance that is required to travel and get to a hold, which would be from one corner to the next corner. This would automatically create a better controlling position.

This works in horizontal direction as well as vertical direction, and any angle in between.

The pentagon becomes an invisible shield, which can deflect, redirect side ways, up or down in a controllable manner.

It will not allow bouncing if properly used and understand its function.

Of course the pentagon shield is not on its own in this system and has to work together with the more known triangular and circular geometry and motions, which are made up on the inside and make this whole composition so damn perfect. (as is shown on page 8)

So many things to write down; its incredible!

The pentagon shape has flexibility and can decrease or increase in size creating a buffer or a space and where possible allows for a slight change. Just remember that it is out there but it is invisible.

It can move in any direction and turn wherever **you** want it to go.

Just continue the exercise with the double bong sao and I hope it will generate a deeper understanding of what is presented in this document.

If you place your wrists together in the front of your chest and create 2 bong sao's you see a pentagon created with your body parts.

One line (we call it "the base Line for now") goes from shoulder to shoulder, then continue from the shoulder to the elbows and then from the elbows to the wrists of either hand, which are meeting at centerline.

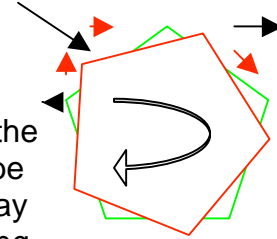
Standing on a plum blossom pattern suited to your stance (an example is the photo on page 10) you will discover the relationship of connection between your feet, arms/hands and your structure.

If you hold the double Bong Sao position and work on the plum blossom pole pattern, you can work out for your self what the correct placement and movement of your bong sao should be whilst doing footwork.

Imagine standing on 5 feet high poles with the hands being the wings of a crane and whilst you have this thought and holding this position you swing lightly to the left or the right and back.

Try a couple of times, hope you can discover what I did.
If not, I think you are not ready for this concept or what follows.

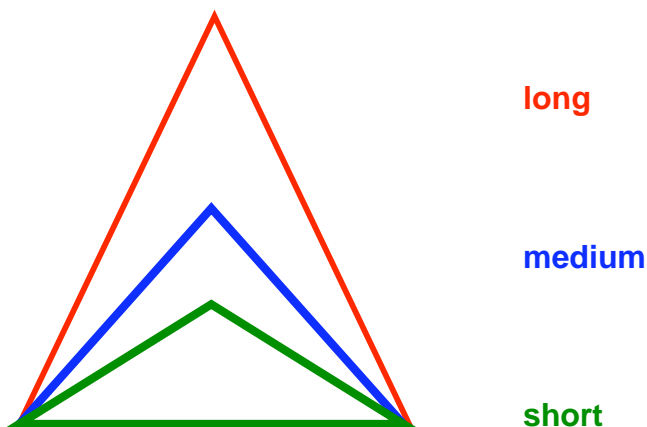
Whichever way the incoming force (black arrow) is going to come from it will put pressure on the side it will want to invade (light green), this would create the ability to push the pentagon (red) one way or the other, and therefore, will be able to redirect, and also turn the pentagon as a first defense in such a way that the next corner has the potential to take the advantage of this incoming force, and avoid damage to the centre of the pentagon.



It will always turn in such away that the center's face will face the point of contact correctly with the correct space and time for the adjustment of error. It will be able with this to reuse the collected energy and channel it back into an effective direction of the opponent.

Remember that it works well as a principle and requires trained techniques to execute the movement positively. This will not only work horizontal and vertically, but also make corrections automatically for the triangles and circular motions on the inside, in a logical way, so that it will always work.

The triangles shown below are formed by lines dividing one sector of a pentagon. The first one is the **medium** 5 equal triangles that divide the pentagon. These 5 triangles are not equal in dimension, but are created by dividing a 360 degree circle by 5 and this will give you 5 points and the center. (See the next figure to understand this part of the concept (Page 9))



Connecting these points together in straight lines will show the 5 medium triangles. Horizontally, these will help with footwork.

By following the lines they show you the correct path to follow and correct the arms and hands. Vertically they will teach you when and how to shift body weight and hold your balance.

They are ensuring that you understand and train the turning of the center and holding the shield simultaneously in the correct manner.

The lines will assist you with the correct angles of the feet, without being concerned about being pigeon-toed or not. You know when it's not working for you.

Let the pentagon and triangles show you what the option will be.

The lines will automatically force the knees in the correct direction, because you are required to sink if you are going to move over the pole positions in a smooth motion.

The medium triangle is also your guide for understanding the 3 sided pyramid principle that you create for stability.

Your feet are pointed in the front direction of you and the knees are bent, and will have to be centered above the triangle, resulting the knees to be spaced correctly above the point of the **short** triangle while maintaining a comfortable position.

The lines will also determine the borders of invasion and when you can attack without risk, and when you are within reach.

The pentagon allows you to be inside a structure or within the perimeters of an invisible shield.

The pentagon will move with you, forward and backward, and will rotate as you turn, as long as you listen to the conversation of the forces that takes place.

The 5 **medium** triangles work together with
The 5 **short** triangles and
The 5 **long** triangles

2

The photo on the right shows the pentagon facing up (1) with the base (3 & 4) down the bottom. The white lines are dividing the Pentagon in 5 medium equal angles, creating the Center.

The red line (from 3 to 1 and back to 4) is creating the long triangle and if you look carefully there will be 5 of these bracing the corners of the pentagon.



3

4

By establishing the medium and the long triangles you also have created the 5 short triangles and a small upside down pentagon in the center.

Just to be clear you have all 3 different size triangles together in one all facing the same way. They are the **short**, **medium** and **long** triangle and this is copied **5** times within the dimensions of the pentagon.

I believe that the pentagon pattern is also giving the perimeters for the gates, just for an example this is different from the rectangular, square or hexagon shaped gates taught by others.

You can analyze this by looking at the no 5 = human being/form with the arms and legs stretched out forming a pentagon shape. Just remember the pentagon can shrink and grow as it suits the situation.

There are many reasons for the no 5, but the main one is that there is always **one overriding choice** to make, this avoids doubt.

There will not be an equal option for any circumstance or situation. Which is very clever and will already determine a result for one party.

It needs to be clear that the horizontal and vertical options are only effective when they work in Cinergy.

Which is where the balance will show and where you master your skill in the economy and efficiency of your movements achieving the greatest positive effect in neutralizing attack, counter attack and not abusing force.

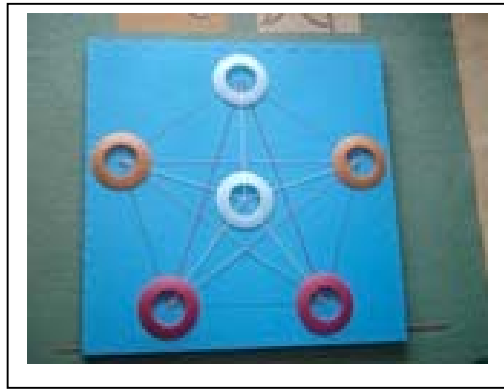
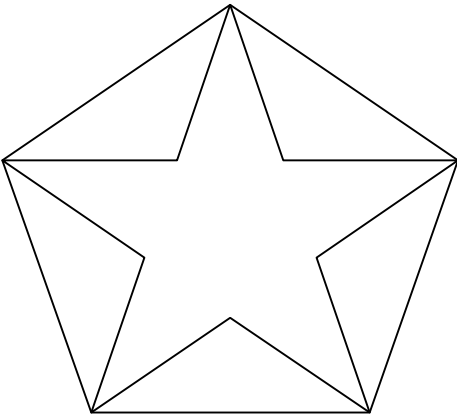
OK, besides the pentagon and already mentioned before, we also have the 5 long triangular lines that are used and adopted in this system to increase the flexibility and increase the understanding.

These 5 long triangular shaped lines will assist with forward energy and movement. They are also the braces for your structure, and will be used to transport feet, arms and hands in the correct manner and in the quickest and most direct path possible.

As you can see, each side of the pentagon has a fixed point in the middle on the opposite side of the pentagons side and if we draw a straight line from the 2 corners of one side and connect these lines to the corner on the opposite side, we create 5 long triangles as explained on page 9.

These are best illustrated as the five pointed star, when they are all marked out.

The pointed star depicts individuality and spiritual aspiration and education when it points upwards.

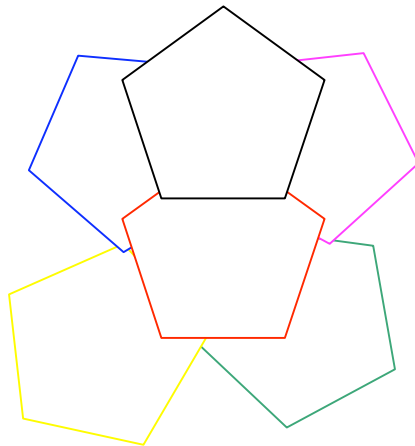


On the photo above, the colored rings are the positions of the poles that can be used in training on them.

All the connected lines will show you where the energy flows can take place and what is going to be effected, but also how to redirect, use and handle the energy.

It is also a very efficient transport system for incoming and outgoing factors

It will tell you the different phase or level of danger when a specific area is invaded.



If you look at the 6 colored regular pentagon on the bottom of page 10 it might look very chaotic, but try imagining moving from one to the other in a forward motion and from center to center, you find out how things are working.

There is more to find out and I keep digging further, with the little I know about Wing Chun's system, I am convinced that I will discover a whole new world for myself, which only existed in my dreams.

So far many thoughts and feelings are confirmed and there is a lot more correct and confidential information coming to light that's helping me to further my attempt to master Wing Chun.

I have discovered through this that neither of the 2 different styles/variations of Wing Chun are wrong, but my feeling tells me they are both Wing Chun and should be taught as 2 in one, not separated.

The footwork:

One style does move minimum and has good reason to do so and these reasons were applicable in the past and are still applicable in today's world.

Main reason is the use of minimum of movement and effort and maximizing energy.

It can be argued that it is done because you can adapt to soft/muddy grounds where your footwork is slow and difficult to transfer without losing balance.

Correct understanding of anchoring is crucial in this type of environment.

This can also be the case for uneven surfaces like pebbles or rocks, where moving would be difficult, therefore, more sensible to move minimally.

It is also useful when there is limited space and movement is obstructed by buildings or other objects.

Don't forget the opponent has the same struggle, knowing that this is the case, we can understand that on a nice smooth surface the circumstances change for our opponent and therefore I can understand that using a more mobile footwork within the principles of Wing Chun has been designed so that these differentials are accommodated.

Understanding Wing Chun, one would want to have the tools available so that you can adapt to these changes.

One of these tools is an existing real plum blossom pole pattern (see photo below) that can be used to examine the theory written down in this document.

If you want to challenge the theory about the Plum Blossom try the following exercise.

For this you need;

1. Blind fold.
2. A quiet space without any interruptions.
3. Clear mind.
4. Full scale complete plum blossom pattern
5. 2 plum blossom poles.

Optional is a

6. DVD camera recording the 4 stages.
7. A personal friend that can operate the procedure and camera.



First stage:

Do the Sil Lum Tao on the ground like you would normally do, but place the focus on a full 100%. Keep track of all the movements in your body and concentrate on the mechanical feeling.

When completed have a break and relax for approx 15 minutes.

Start the second stage:

You require a blind fold and put it on.

Ensure you cannot see anything.

Get ready and start the Sil Lum Tao blind folded.

Keep your focus as you did in the first stage.

When you finish relax and take half an hour to recover from what you experienced.

Third stage:

You have to be on the complete plum blossom pattern.

This means, a full scale pentagon shape suited to your own body size with all the small, medium and long triangles created with visible lines preferably in different colors. You should use a thin sheet of durable material and place it on the floor.

You pick 2 corners, next to each other, on the pentagon and start the Sil Lum Tao with the same concentration as before, but add a conscious focus on the lines of the pattern and create a conversation between the lines of the pattern and all the movements your body is making.

Again when finished, relax and get ready for the next one.

Fourth Stage:

You need to stand on a plum blossom frame or 2 poles, which you can space accordingly to your neutral stance. Adjust the space until it feels comfortable.

On the plum blossom frame, choose 2 of the poles/stakes close together on the outside perimeter of the frame and have each foot placed on one stake. Make sure you are comfortable and have neutral stance as you normally would in the Sil Lum Tao and start the first form.

Again concentrate on all the movements as done before, and where possible, add the experience of Stage 3,

When you finish you have to relax again for half an hour and start tracking your memory bank and compare the first 3 stages in feeling and experience.

Fifth stage;

Yes, as you can guess you have to go on the plum blossom or the 2 poles with the blind folds.

Really make sure you concentrate, and use what you just discovered in Stage 3 and 4, and allow the helper talk to you and enjoy the conversation you have with the system.

Explore how much you do not know yet.

Good luck and afterwards watch your self on the DVD.

Hope you learn.

If you are still not sure then try the next , Chum Kui. In the same way, but it might take a bit more time to master the skill on the plum blossom.

Remember the system has to , and you need to master the first form first.

This is achieved by performing Sil Lum Tao on the plum blossom poles.

You have to develop balance and strength.

It would be no different from doing it on the ground without the exception of achieving the tools you need to start training the next stage = Chum Kui.

I worked out a formula to do the complete Chum Kui on the poles and discovered that there can be several options, which you can try out and they are all relevant.

What shows up in the way of directions and angles, in relationship to all the other issues that have to be incorporated, is quite amazing.

I have found that when you train just on the flat floor is good, but when you raise yourself a foot off the ground, many things are suddenly clearer and divined.

Just to keep your interest and play with, explore the use of this pentagon concept together with triangle and circular structure elsewhere.

Check out the Huen Sao. You can really see the pentagon sequence of the 5 medium triangles.

They show you where you should stop every time and what movement you have at each stage.

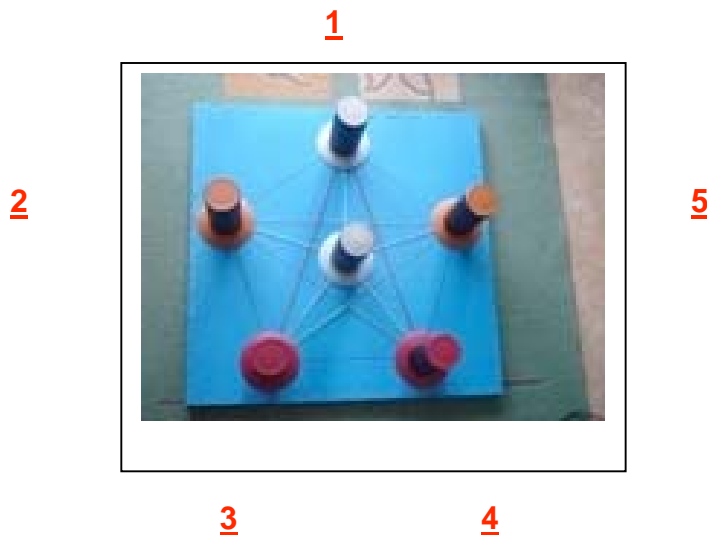
I believe that there are several different moves hidden in the Huen Sao, because you should be able to redirect the purpose of each Wing Chun technique. The Huen Sao when turning to the inside direction starting from a Wu Sao will be able to turn into a Tan Sao over the first triangle.

If continuing the movement you will automatically get into the Fook Sao in the second triangle. From there, you keep turning into a Gan Sao over the third triangle. Then you can continue and get to the Jut Sao as the fourth triangle, which could be turned into a Pak Sao over the last triangle.

Make your own inside triangular module and work it out as mentioned before, the small triangle is very close to the base (the 2 **red poles 3 & 4** at the bottom of the photo) and points out the correct angle and position of your guard hand (for example the left side **3**) when in neutral stance.

This is confirmed when the other hand (right **4**) is in the front of the left and lines up with the centerline and the line (direction of **1**) on the right of the medium triangle.

Both hands are now correctly in the center, with both arms and feet in correct positions and angles



If you change and turn to the left from right-side neutral stance into left-side front-stance, then you would see that the left foot (**3**) will line up with the line that goes from the **left red pole (3)** to the **left orange pole (2)** and that the right foot (**4**) would line up with the right side of the medium triangle line to the **white pole** in the center of the pentagon.

The left hand and arm (3) will also line up with the same line as the left foot, whereas, the right hand and arm (4) will follow the line of the long triangle, which makes the connection between right red (4) to left orange (2).

When this is all in place you should feel that your hips and shoulders are in line with the left (3) side line of the medium triangle connected to the white pole in the center.

This ensures that your whole body faces correctly in the direction of the orange left pole (2) and would let you know where your body weight should be placed.

From here you can find many other matters that would give answers to each individual technique in its own way, and fit the body structure of that particular person.

As I mentioned before, the plum blossom does not lie as far as I am concerned.

Please note that I talk in general terms, and leave it to everyone's own creativity as to how they will apply and interpret this knowledge.

We have discovered how to calculate the correct dimensions for a plum blossom usable for training, regardless of whether it is a flat pattern on a floor or whether it is raised, as shown on the photo with the foot height poles.

Because Wing Chun is a close combat system we have assumed that 1 plum blossom pattern would not exceed 1 square meter, which is keeping all the movements tight.

The Plum Blossom poles illustrated on the right-hand photo is no wider than 800mm, and is portable.

The poles are made to move a bit, but do not fall over.

The movement of the poles is challenging for your balance, however, they give you time to correct the feeling of your structure, and they activate communication between your hands and feet while in motion.



Your consciousness for all the connections and relationships between body parts, geometry and so many other details will grow and excel fast.

This is important, because it will determine your response on the invasion of each faze in your territory, from low, medium to high risk invasion, and how this competes to some one else's structure.

For example we believe that the measurement of the long triangle will help you determine the distance where your opponent is able to kick and reach your groin.

It is interesting when you stand on the poles instead of a floor. You have to move around more consciously and negotiate with, say, a T-Step, which is used in traditional Wing Chun.

We are not talking about exchange steps.

Making this T-Step work in an acceptable manner will cause some lateral thinking. You need to step outside the box and re-valuate the movement.

I believe it is possible and very effective, without damaging the principles used within the Wing Chun system.

There is a lot more I could write, but I am still developing other parts of the forms and drills.

It is still in an early stage for me and hope that by sharing the information in first instance will bring more ideas forwards what can be used to develop this old idea to become new and valuable again.

Please be aware that all the above information is based on what I have learned and discovered so far, and is mainly based on practicality, by physically making the plum blossom modules, and trying them.

Many different options have been used as prototypes, and without anyone being able to supply us with information or specific details or dimensions that are based on scientific proof.

I have developed this theory and the Plum Blossom Poles, by trial and error, and simplicity thinking.

By no means this should be taken as truth, but used to enhance your own thoughts.

What was created so far is confirming constantly that it is correct, and that it is making a lot of sense for a Western thinking person.

Beside all this, I need to inform everyone to take care and time when starting to train on plum blossom poles, it takes time to develop strength and be aware of pain in the feet, calf muscle, hamstring, back and other places that will need training.

Your weaknesses will show up more specifically and they start by the weakest parts and change from there to other places until everything is corrected through your training.

Not every one will like the exercises or handle them well. You require determination, patience and a cheerful mind.

The training will show the weaknesses in your body. It is advisable to start off on the floor so you get used to the pole positions and then slowly change over to the poles. Start with low ones and then go higher.

You also need to be aware that the information in this document is not entirely complete and at this stage, it is left for each individual to dwell on the theory, and come up with questions and/or opinions; even better, come up with other evidences to support what I have written down, or totally demolish the theory with something better.

There are many reasons for coming up with a theory like this, but one of them is the lack of available guidance from Wing Chun teachers who are able to lift our own knowledge base.

Since creating this theory we have certainly increased the quality of the understanding of our students and ourselves. It will take time to see whether this quality can continue in this manner for a while and see the future outcome.

In the meanwhile I will keep working on all the other issues and forms to test this theory constantly.

Hope this was interesting for you.

For me it was rewarding and I finally created a document about what our 2 sons and I have been working on.

18th of October 2007.

George Jonker.

Wing Chun Kung Fu Academy

Please feel free to make comments, if you believe they could enlighten the theory on the plum blossom, we appreciate it if you can share these with us and send them to:

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Continuation from Part 1

The previous document, Part 1 was created to activate an interest in the concept “plum blossom” and I continue this way of writing; also adding to it as the information gets generated and we explore this concept.

I am not sure whether the way I write will achieve the interest and activate a W.C. practitioner to explore this concept closer, but I keep writing so that what is discovered so far will be on paper and can be handed over to others who are inspired by the idea; which mean you are on the right track and this document is doing its job.

The following details are just elaborating on the presented info so that we can expand and become clearer about the usage of the concept by practicing and increasing the understanding this way.

Starting with the base line, which for no particular reason is No. 3 and No. 4 on the drawing showing on page 19. No.3 is the left side and No. 4 is the right.

There are 5 lines on either position that can be used, which will give 10 lines in total at this base that will advice the many meanings concerning angles, positions, directions and other issues helping you to raise the level of understanding.

Beginning position is the neutral stance and is based on horizontal plane, which will turn into an interesting project for you when analyzing what cold be the correct way.

It is important to work on flexibility in formulating conclusions and use the lines that are there as your guiding factors and listen to them helping you with details and confirming options that we can have.

Standing in front of a plum blossom pattern in neutral stance with the left foot on no 3 and the right foot on No 4.

Which naturally would make you face No. 1 straight ahead and shows the centerline.

Looking at this stance it would be confusing to decide which lines should be used to place and give the feet direction.

There are several options as to where the toes should point, and which way the heels are going to go. There are 5 options briefly described in this document to give you food for thought and find out what is useful by yourself.

Please understand that I am only addressing the relationship of the lines with the direction of the feet and body. It will show how easily your body can be affected by a change or turn in your feet and direction for the body structure.

I have not touched other details important to body structure at this stage, because they are going to be covered at a later stage and would confuse our focus.

For example: pressure on the heels or the toes, tightening of our buttocks, positioning of the pelvis, bringing up the chest, breathing and much more.

All very relevant and they can certainly not be discarded from this information. You have this information, you might want to extend your exploration and find out yourself what the plum blossom tells you.

Getting back to the neutral stance, the feet can be:

1. In line with the outside yellow lines of the pentagon:
This would mean that your toes would point forward, from Points 3 (left) and 4 (right) to Points 2 (left) and 5 (right), which will place them in what we call an open position.

Not a favorable stance if you have straight legs. If you want to know why, it is time to examine what a straight kick to the groin would feel like.

By trying this experiment you might discover that you naturally bend your legs and bring the knees together inwards to stop the attack or catch it at knee level.

This will place strain on different parts of the body and will show you which other lines of the triangles and pentagon are guiding you to check if this move is correct or part of the systems options.

2. In line with the long triangle lines into the direction towards No.1:

Both feet are lining up with the toes pointing towards Point No. 1. This is a more easy and natural position. You can decide whether this is acceptable, and if this is W.C.

3. In line with the lines of the medium triangle:

This makes both feet face more inwards with the toes pointing in the direction of the center of the pentagon.

It seems that it would achieve more grip if one would understand that feeling. Watch the strain on all your body parts that are affected by the extent of this position.

4. In line with the small triangle:

You would end up with both feet twisted under the knees by having the left foot toes facing towards No. 5, and the right foot toes facing towards No. 2.

You will most likely feel strange, and need to question mobility.

5. In line with the base line,

This is not really an option, and for many, impossible to complete

Examining these options will require consideration for body structure and alignment, immovability, position, balance, rooting or anchorage and other.

I sound like a broken record, but I am not here to tell you what the best stance will be and would like you to decide for yourself what works and what doesn't, but more important, why it works and why it does not work.

For myself I adopt option No 2 and 3, because they both help me better understand the usage and applications when I train forms, drills and sparring.

I have discovered that there are preferences for the individuals and that these preferences change as you develop your W.C, and also, as you get older and your body is going through changes.

The stance preference will also change when you start experimenting on the plum blossom poles.

I understand that it is important to train these options, because they will require practicing and develop a quick and smooth transformation from one position into another.

Enjoying the understanding that is possible within my own W.C. does not mean that I necessarily advance in my skills; this will be achieved by training the understanding

The information that is provided is not really giving you any idea as to what is the true way and the news for you is that I cannot tell you what is the true way here. What is interesting and food for thought is that in traditional Chinese medicine, there is a theory which uses the 5 elements and the yin and yang balance and more interesting concepts that will help analyzing the plum blossom concept.

I believe that there is a connection between traditional Chinese medicine and the plum blossom pattern and that when you study this connection you will find answers and create a relationship with each other. Accordingly to history, this is logical if you consider that the monks in the temples were very busy with meditation, research in medical herbs, physical, mental and spiritual existence.

It will be part of the journey in exploring the potential reality of the plum blossom pattern

Going through the process of the neutral stance with the use of the plum blossom will demonstrate the variety of muscle groups that are used and the intensity you are using them in.

With this information it can explain what it is that you are looking for and apply the findings to test them and develop the understanding of how they work.

By now you would have discovered that the neutral stance is not only depending on the position of the feet, but also determined by the effectiveness of bending the knees and the angle they will face.

The way the torso is held and how you can hold the pelvis in the correct position is also connected to how you can relax with the help of breathing method.

All the stuff you already know, but now more in the relationship with a dynamic system, which is giving you all these option without the need of words.

You can test all the stances on your own or with the help of a friend. Remember there are different options and different answers that could be relevant and functional.

If you are not sure about the concept then get advice and assistance from your teacher or superior W. C. practitioner.

One can spend an enormous amount of time trying to explain the details of the neutral stance and other movements that will follow in this document, but it is important that you do not adopt my interpretations as I state them, but create your own in a responsible way by using the plum blossom pattern and find out by yourself things about W.C. that makes it stronger within.

This drawing on the next page shows all the reference points for the feet, hands, elbows and hips positions.

Assuming that you understand the principle of moving, transporting and directional coordination and this plum blossom pattern is flat like the floor you would train on.

The yellow line represents the regular pentagon

The blue lines are the 5 medium triangles

The red lines are the 5 long triangles.

The formation of blue, red and yellow lines create 5 small triangles on the outside of the pentagon and 1 small pentagon in the middle.

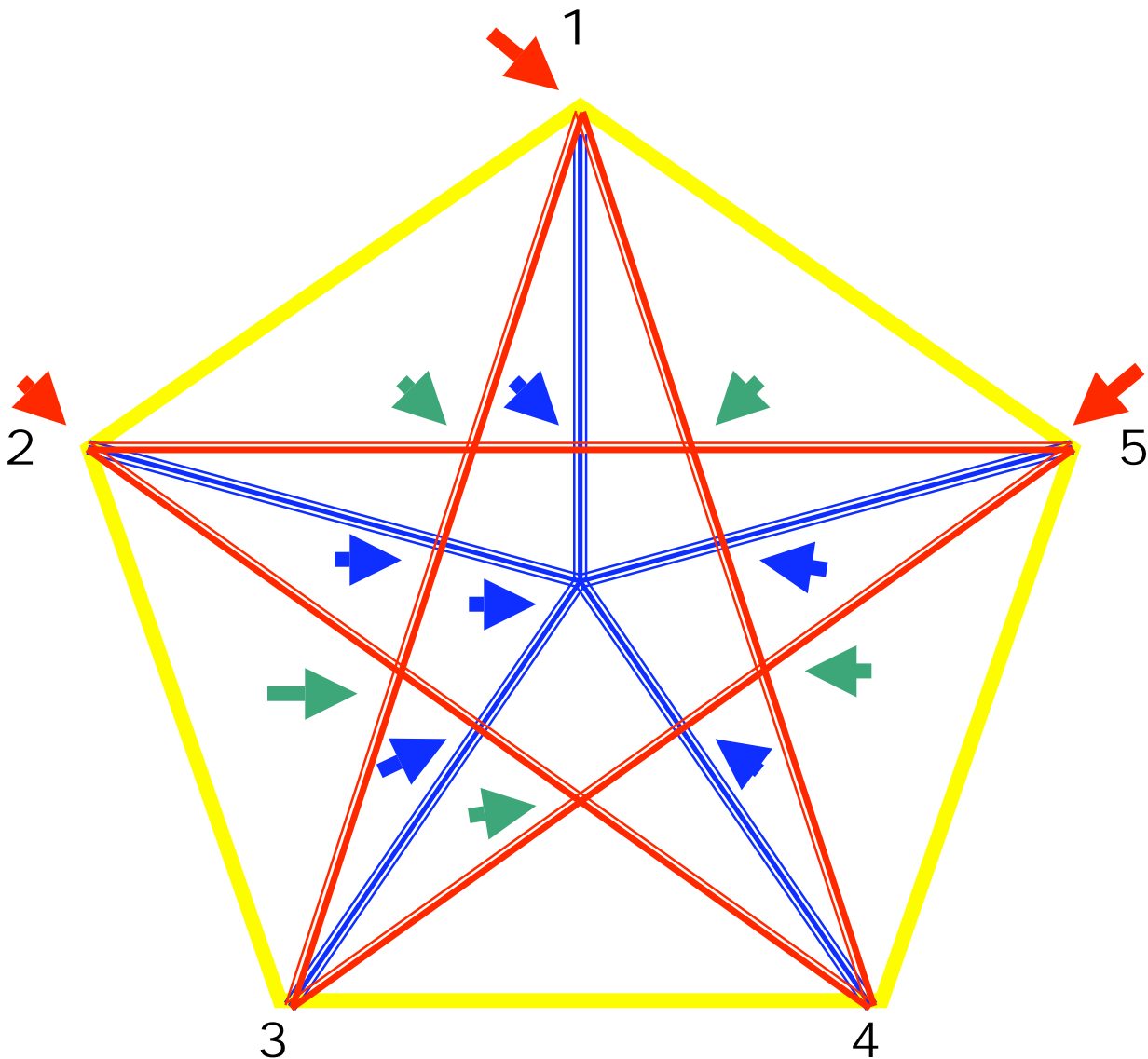
All the small arrows will help with the correct placement of the hands, elbows and feet.

All the lines will guide you with direction, transporting and spacing.

Where the lines cross, you will find different options for one movement and will teach you when it is the perfect option, but also what can be done to correct a mistake without a major impact.

The lines will also show the placement of hips and body weight .

The pattern will not argue with you and leaves it up to you to work out this system.



The way this system is showing the angles and position points is relatively simple. Knowing the forms and hand movements of the W.C. system you can take a position and place your feet on any of the 5 points no 1,2,3,4, 5 and the center, which is the point where all the 5 blue lines come together in any stance and start moving.

Check your position every time and look at the guidance of the lines reference points.

For example:

You take a right side neutral stance on No. 3 and 4.

This could mean that your left foot will line up with the yellow line going to No. 2 and the right foot could line up with the blue line, which goes from No. 4 to the center of the pentagon.

The knees will have to follow the feet slightly and the hips (pelvis) would line up with the yellow base line between No 3 and 4.

There is, off course, the option of shifting the hips into the next line (red) going from No 3 to 5.

Trying this out will make you discover what will work and how.

Whilst figuring out the feet and hips also look at your hand positions.
It will be interesting what you find.

In the tradition system we face straight forward.

This means that the right hand will be placed in the front and in line with the light blue line going from the center to No. 1. The elbow of the right arm is positioned above the first crossing of red lines on the right side just above the right foot.

You will also find that the right arm will align and follow a similar line as the red line No, 4 going to No. 1.

The right hand will be positioned above the blue line crossing with the red line going from No. 2 to 5.

As for the left hand, which will be positioned above the center point of the 5 blue lines with the elbow placed naturally above point No. 3.

It is easier to practically do it then describing it like I just did, but I hope you are able to follow what is written.

You might not agree with my findings and that is okay, because what I have done here is only make a suggestion for you to try and hope that I activate your curiosity and hunger for more exploration of the not knowing or maybe confirming what you have already learned.

Try a Pak Sao with the right front hand, from the neutral stance and you will find that you have several options; each will guide you in different ways and open up more details.

So far we have been able to establish that when you train the plum blossom on a flat floor that it would work well for the traditional type of style with more footwork.

Our understanding also tells us that when you go onto plum blossom poles the traditional style has to be adjusted if we follow the plum blossom pattern and it becomes very similar to the modified version of W.C.

What is also interesting is that the poles are easier for smaller sized people and that the traditional style is harder for these people on a flat floor.

At this stage it shows that tradition style using the plum blossom pattern suits larger and heavier people in general. They struggle when you place them on the poles.

Please do not take this as the truth. At this stage it is only an observation and we are still testing the whole concept.

I believe that the reality for knowing that this concept will be correct would not be shown in performance for a couple years and will deliver the product of students who can show a difference when compared with other W.C. practitioners not using this concept.

At this stage it is only an observation and we know that there are people who can do both without any problem, but at the end of the day it will show what they are good in and which and what they prefer.

I like a mixture of option and am amazed by the plum blossoms potential to increase your ability of self discovery, but that could be because of my age and I need to compromise at certain times and turn to options that are given by the Plum Blossom Pattern.

Which is interesting, because when you are caught in a fight, I believe that you will constantly be exposed to compromising factors, which will affect your timing, position, direction and strategy.

Yes there is a lot hidden when you start exploring. Time is making me stop writing this part of only a small fraction of this incredible system.

Hopefully you are practicing on the plum blossom pattern and discover what I have so far.

If you get stuck let me know and I hope to be able to give you some help and guidance so that we all get further advanced in the search of answers and make our own W.C.

STRATEGY, POSITIONING, TRANSPORTING, STRUCTURE, DIRECTIONS IN THE MATRIX OF THE PLUM BLOSSOM SYMBOL.

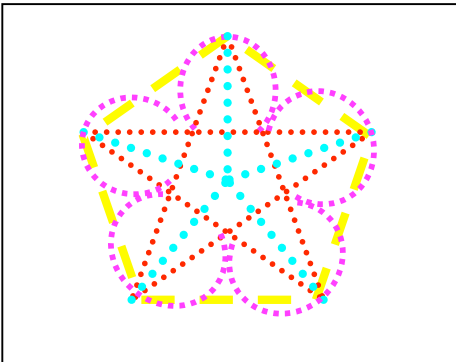
For the purpose of this document, I have to keep stressing that they are only suggestions and ideas written down with the aim of activating your curiosity and hope that you are going to explore the plum blossom theory.

Make it your own or find out what you do not need to know.

It's all the same for me. I know how I started and struggled coming to terms with all the things I was told over the last 35 years.

I can only hope that you are not wasting your time, because you do not know what you should know.

The following drawings are set out to illustrate options for the use of the plum blossom pattern. Initially we start with dividing the plum blossom pattern in




5 x CIRCLES (PLUM BLOSSOM) = **PURPLE**

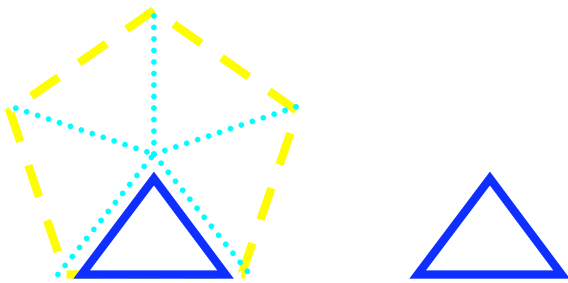
5 X MEDIUM TRIANGLES = **LIGHT BLUE**

5 X LONG TRIANGLES = **RED**

1 X REGULAR PENTAGON (POINTING UPWARDS) = **YELLOW**

1 X REGULAR PENTAGON (POINTING DOWN) = **RED CENTRE** 

As you travel through this journey you will discover other shapes, you might already have seen some other ones in this first sample.



Regular pentagon (pointing upwards)

= an imaginary shield

Divided into 5 equal sized medium triangles

Light blue lines

circle = 360 degrees : 5 = 72 degrees

Connect all the 5 points together and then connect each point individually to the centre.

This will deliver the 5 equal medium sized triangles.

These medium triangles, horizontally will help you understand, footwork and foot direction and/or positions, the lines will correct arm direction and placement.

Where there are crossings of lines, you will find elbows and hands positions, and at certain positions it will help you choose the proper lines for hip placements so that anchorage and structure are correct.

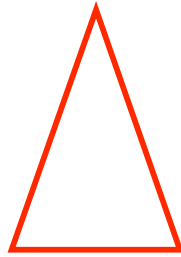
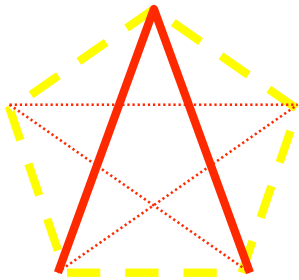
Vertically it has a front, which gives you access to the centerlines and gates that are used for defense and attack.

Different from the 6 and 8 gate theory that has been taught generally. The 5 gates are more defined if you are using the other triangles and start combining the usefulness of these compositions.

From the side it will help with the positions of the hands, feet, knees, body structure, center, and whether to stay upright or not.

Horizontally, vertically, front and side in combination will give you the ability to practice the correct composition of techniques in the correct motion, direction, force, timing and power.

It will allow for imperfections and collecting the information so it can be analyzed simply and stored and reused in better form.



Regular pentagon (pointing upwards)
= an imaginary shield
Divided into 5 equal size long triangles

5 lines taken from one corner to the opposite corner of the pentagon will create a star and 5 long equal size triangles

The long triangles used horizontally will help with direction and transporting movements of hands and feet to strategic points, and make you understand what it means to “face the point of contact “in the WC system.

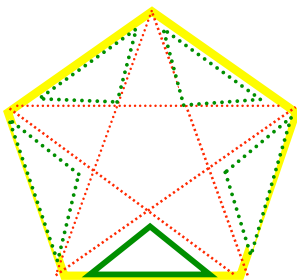
They will also assist in determining the strategy of their existence in cinergy with the other lines. You will find that they are very useful for developing an understanding of different stages and angles in offence and defense.

You can use it to understand the biological design of the human body when you spread your arms and legs out (like a picture of the human microcosm).

This will show you the results when you handle the principle “Same arm, same side” and when you are not.

It will certainly make you understand hip position and what a strong structure of the body means.

As with the medium triangles, where the lines cross with other lines, you will certainly have options for positions of hands, elbow, feet and knees.

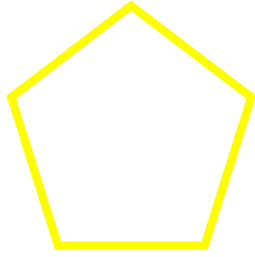


Regular pentagon (pointed upwards)
= an imaginary shield
Creating 5 equal sized small triangles on the outside perimeter of the pentagon.

These 5 small equal sized triangles are the end result from the long triangles filling up the spaces inside the pentagon perimeter

They could represent the human body from the top view and the locations of its positions on the perimeter of the pentagon.

They could also identify the target area of the opponent, or even better, knowing when you are in trouble yourself. I leave it up to you to choose and explore other options.



Regular pentagon pointed upwards can be interpreted as an imaginary shield.

If you take all of the above as a possibility of truth, then the pentagon shape is very important as part of the system and becomes a major component to keep all the internal parts together.

Like a castle and the outside walls, not letting the opponent see how the inside works.

The regular pentagon is probably the first priority in developing a deep understand for and part of the growing process of Sill Lum Tao.

The 5 corners, I regard as a crucial strategic decision, understanding the commitment it would have taken to be completely confident, to adopt this shape as the first preferred option for a combat.

It all becomes more interesting when you analyze some of the points I have made before.

- Ng Mui = translated might mean 5 plums or pieces.
If this could be true would it fit into the plum blossom theory and why?
- The history of the 5 elderly monks.
Would it be possible for the 5 corners to represent these 5 masters and their specialties, and their attempts to make one system?
- Could the 5 elements represent each specialty of the monks?
- Why is the shape of the pentagon the only configuration of the poles with the name “Plum Blossom Poles”?
- Is there any relevance in the names used to explain the meaning of WC ?
Beautiful Springtime, New Beginning, the start of a new season, Plum Blossom and others.

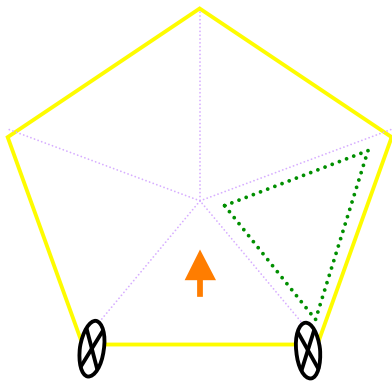
History always tells us something from the past and over time reveals details that are starting to create a better picture of what could have been the case.

Hopefully we are on track with this theory.

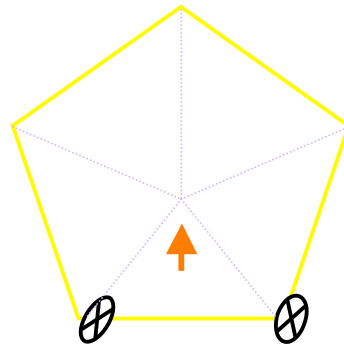
It feels like it is time to start elaborating more on the theory by showing the design in pieces, to reveal the Plum Blossoms secrets.

Horizontally all the following positions illustrated are only suggestions to demonstrate some ideas behind the Plum Blossom pattern.

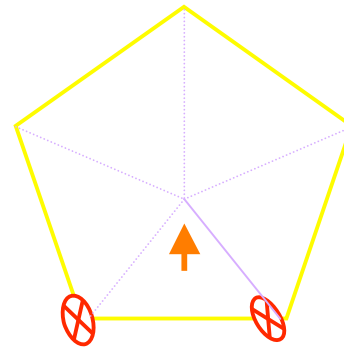
The **black** and **red** ovals with crosses inside represent the feet



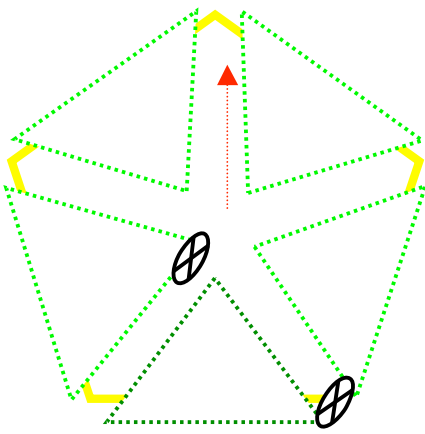
1. Neutral stance in WC



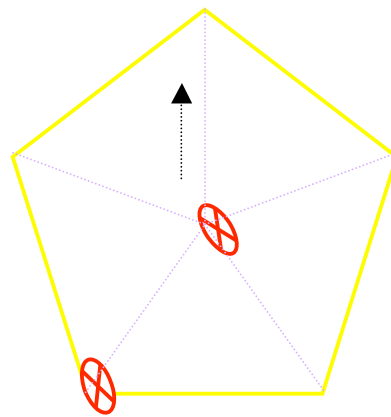
1a. Left side neutral in WC



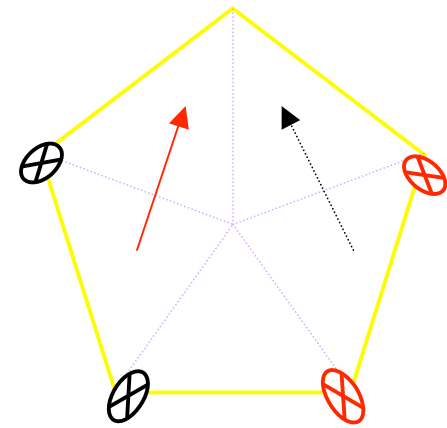
1b. Right side Neutral in WC



2. Inside left front st. in WC



2a. Inside right front st. in WC



2b. outside left and right front st.

Please note that we take the **upwards point** as the direction of the front of the body, the feet positions most of the time will line up and turn with lines that give a natural groin protective option.

Where this is not clearly shown it will have several possibilities and it will come down to circumstances and preferences.

I understand that one would have discussions regarding the illustration of the feet.

In first instance, it might be alien to most, as it was for me.

It took some time to understand what it is that the feet, legs and the rest of the body are willing to do and how.

You can train a stance or moving in stances for 3 months or more with the guidance of a superior and get used to it, which is dangerous for several reasons.

After many different tries and maneuvering and twisting my legs in all kind of directions I decided that I follow the logic and common sense and place the toes and heels in line with what the plum blossom pattern shows me to do.

Before the Plum Blossom concept, I had always struggled with the footwork.

My feet could not do what was asked from them.

It did not take long for my footwork to make sense, but as a bonus I knew where I was and which way my feet had to be.

I discovered that both feet are not pointing always in the same direction and that the footwork was better and more effective with locking-in and anchorage.

Only using the 5 medium equal sized triangles in combination with the regular pentagon solved many frustrating hours of hard training and trying to understand what I thought was the correct way.

Challenging this theory was difficult, especially after I discovered how easy the pattern was to use and speed the learning process for me and my students.

As things sometimes work out in life by itself, challenging the Plum Blossom pattern and the 5 equal triangles in horizontal position came all by itself.

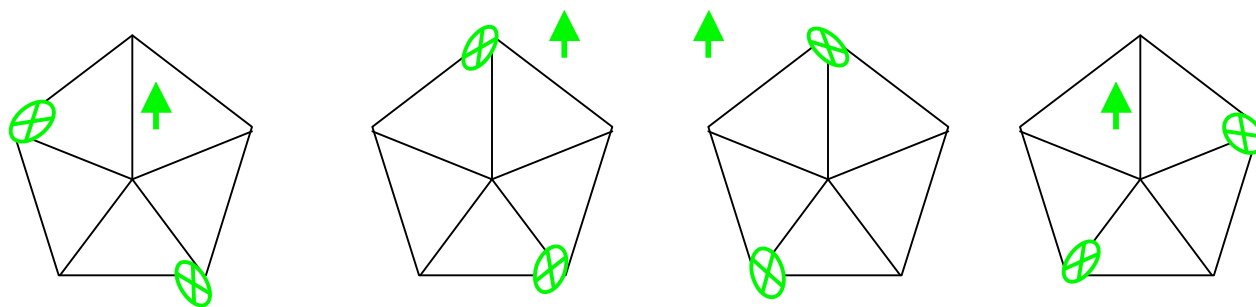
Our youngest son “Arjen Hua” started training boxing and kickboxing next door to where we are conducting our weekly classes and training.

I had a chance to watch him train and watched the training over a couple months several times a week and could see that this was my challenge for the plum blossom pattern.

When returning back home and I tried out the wider stances used for boxing and kickboxing.

I was surprised to learn that it really can work in the format that boxers and kickboxers use, with my limited knowledge of these martial arts.

The illustration below shows the wider stance that is used in many martial art styles and looking at it from a strategic point it will work very well when incorporating the Plum Blossom pattern.



Playing around with this challenge I have come to understand that you can make/ build create many forms of martial arts.

Considering that to be possible, this could be the start of clarifying why we have different opinions within the WC world as to what should and what should not.

To make sure the thoughts are exceptable and challenged the correct way, I took the Plum Blossom pattern and used it on Shotokan Karate, only to learn that the pattern will allow the correct strategy for footwork in this style of martial art. Not that I am an expert in Shotokan Karate.

Amazed?

Well, I was, and I was not; but it really is turning many theories around and forcing them to have a look at the plum blossom theory and explore their history and examine the basis of their style or system.

But who am I to tell them that's what they should do.

The way I look at this is simple:

I make them a suggestion and the plum blossom is giving them what they want.

It is up to anyone to read, understand, apply, explore this concept and choose to except it or reject it.

What is written in this document is the sharing of knowledge that I believe in and has worked for myself.

How others are going to process this information is hard to tell, but they would not be able to process any of it when this information does not exist.

Off course, the similarities with footwork in boxing, kickboxing and karate goes with the difference in approach in techniques, strategy and what you believe works.

Train hard and prove that it works is most of the time a very good formula.

If you want to adopt a wider stance, then you could end up lifting the heels of your feet to make yourself move (hopping around) or change the weight distribution of your body like in Karate.

Your anchorage is questionable in its function and things might get very solid or stiff.

There will be a change of how you use to develop power in the attack or defense.

It becomes clear what strength means in Karate, Boxing or different Kung Fu styles, and why there are different interpretations amongst practitioners when they all come from different backgrounds and perspectives.

Many more details can be written down regarding the application of the Plum Blossom theory with other martial arts, but I want to stick to WC for now, because that's where it **all** makes sense, not just one part or parts of a system.

I will continue with the challenge and add the following **5 long red** lines into the regular pentagon.

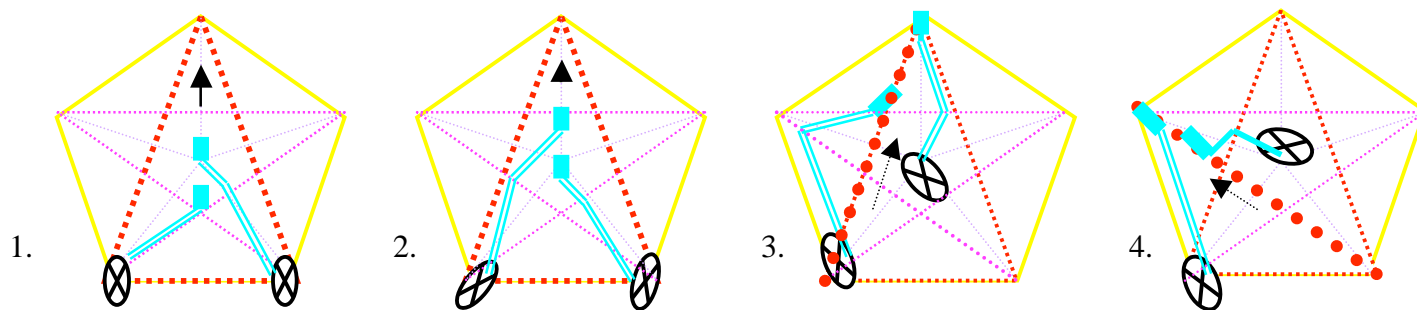
Even with a clear plan of how to structure the approach on this part of the information, I am sure that I will receive surprises that I have not yet covered or placed in this document.

Over the last 2 years I have found many details that relate back to this concept and confirm almost every day that there is some kind of honest truth in the plum blossom pattern.

Nobody that can argue the points I have made so far and in discussing details with others it becomes interesting.

At the same time, there is no real proof delivered so far that lets us know that we do have a concept. So, someone has to put it on paper and lay it all out and write this document.

The **5 long red** lines will give us the **5 long** triangles, they will address directions, positions, and other issues that will help you understand WC. The following pictures illustrate positions in a sequence numbered from 1 to 12. (the black arrow will point into the direction of the opponent's position)



This right-hand **neutral** stance will show the possible hands and elbow positions as guards along the center line.

Your right elbow is positioned where the medium triangle line meets with the long triangle line. This will cover (partially) the right side of the rib cage.

The left arm will cover the entire left side of the ribcage. Both arms should be bent and relaxed.

Change the hand and elbow positions forward one cross-line motion, amazing what happens. Suddenly your guard becomes real.

The P.B.P engraved in your imagination you oversee the strategic setup of the system and control of what happens in your castle.

Left side neutral shows different positions of the hands and elbows.

They move straight forward to the next cross line location in the pentagon.

It is very clear that one of the functions of the long triangle is to guide a direction.

You can see where the channels go. Maintaining the center line and forcing the opponent to have only 2 possible sides of entries. With your imagination you are already ahead and ready for any entry of your space, and understand when you are invaded.

Explore the change that happens inside your body when you change from right neutral to left neutral.

Feel your hips, shoulders, torso etc. Watch the lines inside!!!

Here you can see what happens when you step forward.

You end up in right-front stance, look at the change in hands and feet.

Explore what happens when you moved.

You are up front and hands within reach, which means that your opponent most likely has the same advantage.

As you will notice, you have taken up space outside the long triangle and use the benefits of the pentagon.

Again explore what happens when you make this move and where the hands, elbows, and feet are positioned.

What is changed, and where are you strategically ?

Continue to change to a left side movement.

You can see what takes place.

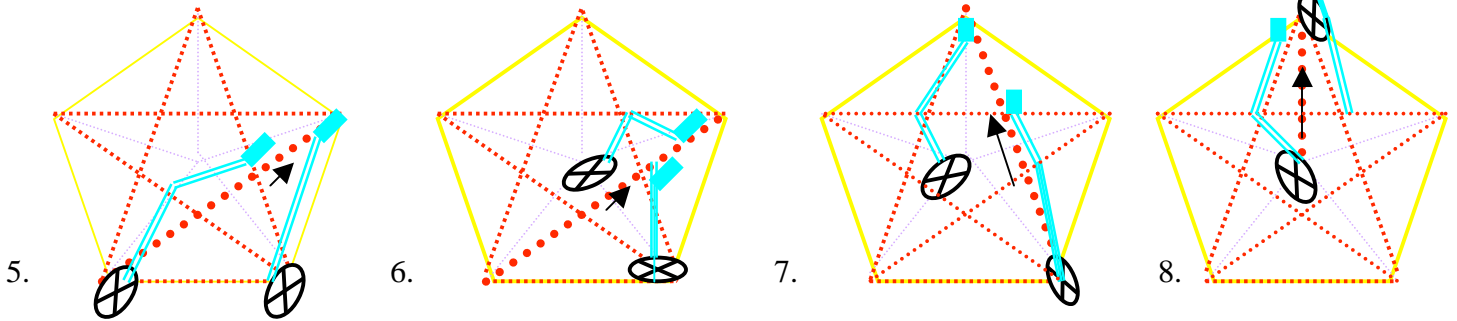
Your feet adjust to the new position of where your hands go, and the elbows find a new placement.

If you are watching your body and feel how the adjusting process takes place to align with all components of the body during the movement.

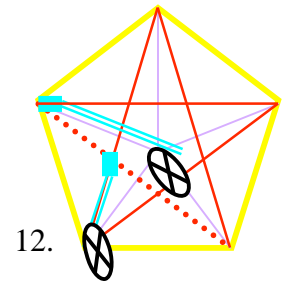
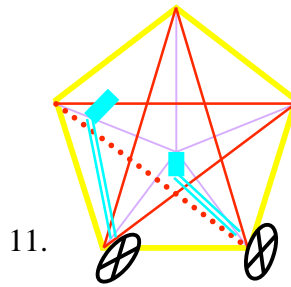
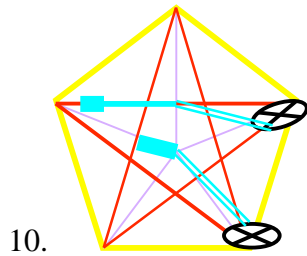
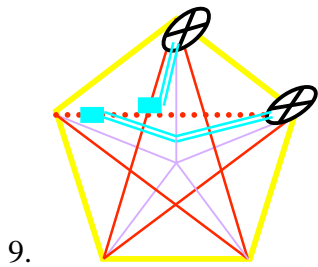
You certainly start appreciating the guidance of the plum blossom pattern.

Have you observed the change of centerline?

→ = Direction of forward energy and center.



<p>Stage 5 is a continuation of movement from one position to the next.</p> <p>Here we move from the left side of the starting point (1) to the right side (5)</p> <p>Now you can imagine a movement of an attack or a defense.</p> <p>You can play with the idea of multiple attackers or if the opponent is moving around.</p> <p>The red stipple line is one side of a long triangle, which is facing in the direction of the entry of action</p> <p>So, make sure you understand that you are aware of the change in direction.</p> <p>Nothing has really changed in principle.</p> <p>You are now working on the outside of the long triangle, not the centre</p>	<p>Now by moving forwards and placing the left foot on the central position of the pentagon, you will get closer to the attacker so that one can apply forward moving power offensively and/or defensively.</p> <p>Consider the travel route of the left foot and what happens. Which lines should be used and why?</p> <p>At the same time, don't lose the imaginary pentagon and triangles.</p> <p>When training these movements, you will increase the use of lines for the simple reason that you know now that they exist; therefore, are able to increase your motivation and use your understanding for application of direction, transportation and the strategic benefits.</p>	<p>From position in (6) we are required to move back to the first long triangle which we used in (1), but because there have been changes in the process we now have only time to shift feet and collect the incoming entry.</p> <p>Or making sure we are ready for entering ourselves.</p> <p>As you can see, you have taken back the center position and you have a good position to oversee the battle ground</p> <p>Again look at the imaginary plum blossom pattern.</p> <p>Understand all these lines and their function.</p> <p>There is a lot more to find if you experiment with it.</p>	<p>You can see in this move (8) that the system allows you to strike or defend outside the pattern.</p> <p>If you notice, there is a change in the front foot from (6), so that the back foot can be transported by following the straight right-hand side of the long triangle to the front of the long triangle, enabling efficient and effective body and travel power.</p> <p>It is very important to notice that the center line is taken back in a straight and very controllable position.</p> <p>This is a bit like a carton and hope you are getting ready for the next interesting move.</p> <p>Just imagine one, you might be right.</p> <p>Continue with on 9</p>
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<p>Wrong, you are attacked from the left side and need to continue and move your back foot from the center to the right hand foot position. As shown in No. 9 This will also require turning the body to the left-hand side.</p> <p>Using a Bill Sao for example, facing the left side corner.</p> <p>As you will notice you are positioned on the perimeter of the pentagon and on the edge of a long triangle.</p>	<p>Now you can recover your center with the use of a Tun Sao as shown and using your footwork to transport yourself into a more favorable position.</p> <p>You are back on the inside of the triangle and have the chance to force the opponent to the longest path which is your outside.</p> <p>You might notice the resistance in the opponents arm and decide to use it to your advantage.</p>	<p>And using this force to bring you around to the blind-side (outside) of the arm of the opponent. This move should be continued with a counter-attack. Grab and pull the arm together with the right hand, and at the same time, use the left hand to hook behind the neck.</p> <p>To make this technique work, you have to move your feet and body, and anchor on the outside of the pentagon.</p>	<p>The pull should be like a quick jerk and can be followed by a change of direction in hands and feet.</p> <p>The right hand goes from arm to the face and the left hand is securing the elbow of the opponent's arm.</p> <p>The right foot could travel forwards into the center, as shown. Or, if there is not enough time or still restricted by force, you can change the feet position from left side neutral to right side neutral</p>
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The best way to go through this exercise is to act and see if you can place the motion in perspective of reality.

First try to understand “**movement and motion**”.
Most of us see movement and motion in a very naïve way; basically one-sided.

I believe that movement is almost like science fiction, imagination is required.
“Standing still” is still a part of movement and motion, therefore, you need to get it, that movement is always present and in any direction.

When you read these guidelines it might look like you are the one doing all the moving, but in reality it will be the movement and motion of action and reaction.

No specific order is arranged or possible. Things just happen.

To keep your focus you need to understand that what is illustrated could be classed as incorrect or you would have used a different strategy.

Not that this would really be much of my concern, because all I am aiming for is to make your brain work for itself.

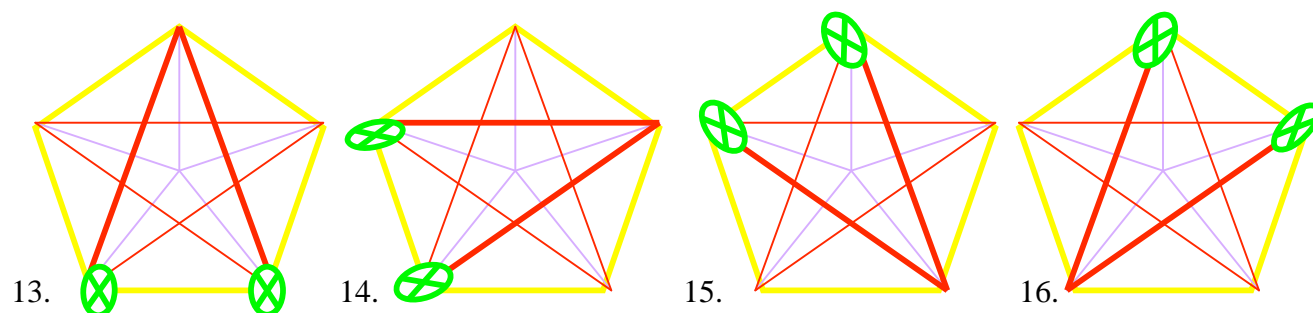
I know your brain can do that, all you need to do is put some effort in and discover consciously what is happening in each picture and decide what is relevant. There are several scenarios that can be used.

It might mean that it requires a major shift in your way of thinking.

Starting with training WC you already made the first move to step outside the box.

All you need to do is stepping a bit further and be adventurous.

OK, this is easier said than done, that's why this information is being generated and could assist with getting on track.



Yes, I know I got side tracked and should have shown these ones before starting 1 to 12, but, who says so !!!

No-one really knows how it should be done. If that would have been the case it would already have been done, and it would have saved me a lot of time.

By starting with the first 12 positions the way I did, I hopefully attracted your attention and it had the proper effect with making your brain doing some exercising in imagination training.

By the time you get to 13, 14, 15, 16, you would have figured it out, which way the long triangles would turn any way. So, just in case you had missed part of this function, I have shown the long triangles above (13, 14, 15, 16), and where the feet can be placed.

You will find this works logically now.

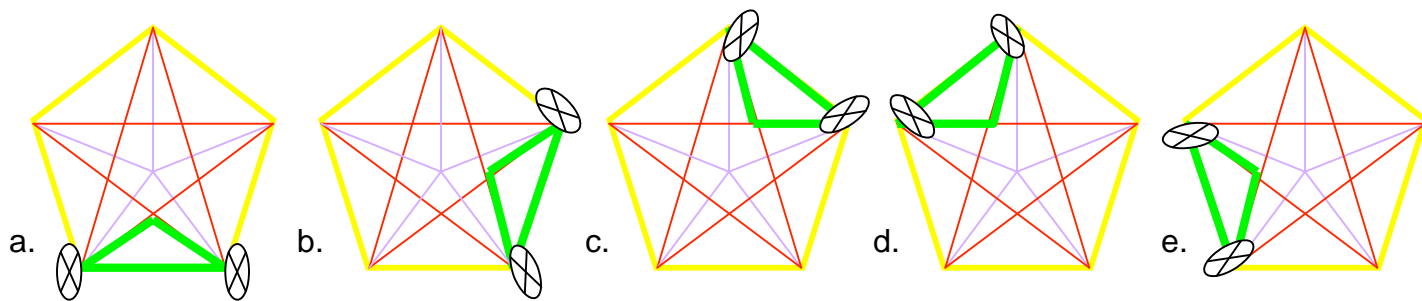
If not, start the process again **and make sure you listen to the Plum Blossom Pattern.**

Keep working on the imaginary way of training, it makes a huge difference for your understanding in applying and collecting techniques in an unpredictable constant changing motion.

Remember I am not trying to tell you how to suck eggs. What is written is only meaningful when it can be classed as general information.

Having covered small amounts of time on the medium and long triangles, the logical development of the internal lines and divisions, we have come to the point of explaining the existence of the small triangles as they are shown below. (a, b, c, d and e).

5 x Small equal triangles.



This is an interesting subject and if you noticed the effect of the movement described in the drawings on page 23 and on page 28 No. 1, they can raise questions that would be grounds for disputing the concept.

I can hear the question come up: “What is the small triangle used for when it only would represent the body?”

Well as you know it was created by the long triangle and it ends up to be short, pretty amazing isn't it? You think this is coincidence. Is this Ying and Yang? Is the balance “medium” ?

A factor of 3, interesting isn't it?

I do not answer this for you, but instead you can make up your own answer and share it.

The small triangle could have one of the categories like: “**Your own body**”, which could be acceptable in picture **a**, but what happens when we change to b, c and so on.

I prefer to translate the small triangle more like “**Your own body space**” or “**Body space**”
Seems more appropriate and allows a wider option of use

To demonstrate this “Body Space” I like you to refer back to page 28, picture No 1.

What you will find, is that the right neutral stance has the **right hand** positioned above the center point of the **medium** triangle and the **left hand** positioned is placed above the point were the **2 red** lines cross and create the point of the **small** triangle at the base (bottom).

Check this position if you can. I discovered some amazing details from myself.

Again I am not going to decide a wrong and right position of this, but I like to learn why I should have at least 2 options and make them useful for my WC.

Of course this needs to be explained and by holding the hands and elbows as shown it demonstrates a very closed guard, which is close to the body.

We can discuss the disadvantages and advantages later on regarding this position.

But for the sake of this demonstration, push the hands and arms forwards to the next stage. It is amazing what happens with the guard and your body space.

The difference it makes is enormous, but the plum blossom does not make any of the 2 positions wrong or right.

It shows and delivers both options very clearly. Do you know why? Share it if you know.

Is this proof to you that the plum blossom is talking to you?

You can tell me, and if you are still in doubt, let me take you a bit further into the integral importance of the small triangle.

As we discussed before, this whole system moves and the 5 pictures (a, b, c, d, and e) are not presenting the whole motion of the system.

The reality could be that each picture illustrates the same move just looks different from where we read it from, and therefore, the perception is a bit screwed up.

It gives you an option that might suit one or more situations. For example, you made the choice of one pictured in “a” and discovered it was incorrect while executing the movement.

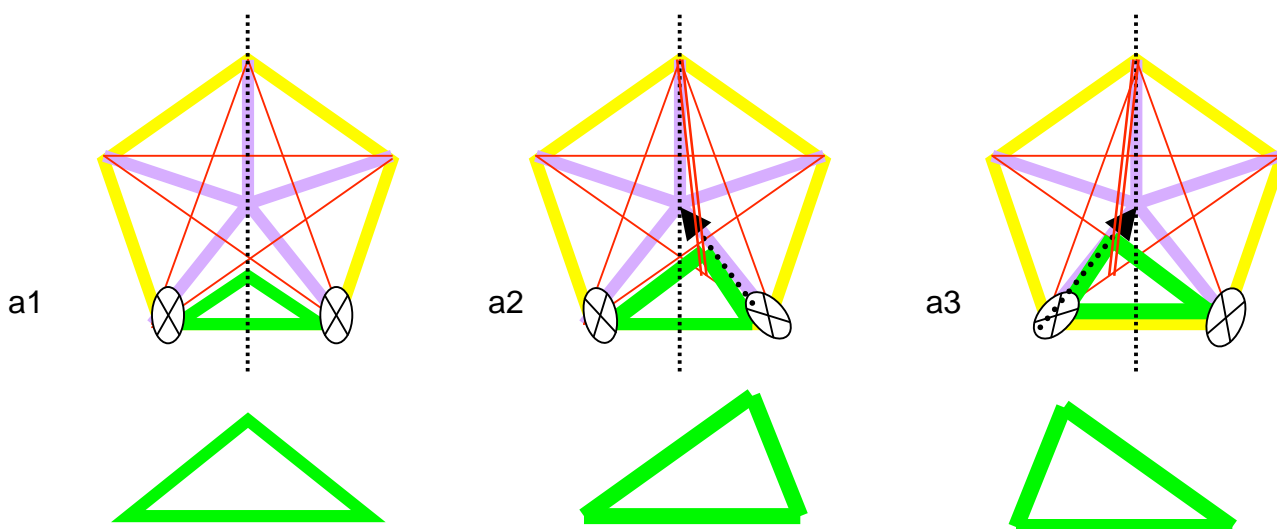
It leaves you with options to make corrections while in motion and/or making changes accordingly to the strategy of the system; for example, an emergency technique from the Bill Jee in conjunction with the WC principles.

Its like talking to the Plum Blossom Pattern, you throw a whole lot of questions all at ones, and you know yourself it's not always easy to make sure you answer all questions in the correct order and manner; but you also know that if you would have focused on all the questions as they are executed, and trained in handling these kind of circumstances, you are able to control the chaotic situation and answer them appropriately

Listening to the Plum Blossom and train this “listening” to what answers it gives you.

Devine the answer for yourself, which ones that you would understand, would be the best within the options given and why would they fit. What happens when it is incorrect and so on. Like I said before, this system is unique and has allowed for imperfection.

Hope the following illustration will show you more about the conversation I have with the plum blossom pattern.



a1 = showing the center point . Make a note of “Center Point” = Central Point.

a2 = shows the shift of the point of the triangle, but is still focused on the center of the pentagon and medium and long triangles.

a3 = the same as a2, just opposite side.

I recon this is so amazing and I can't wait to show you the next convincing illustrations of the plum blossom pattern.

At the same time I cannot stress enough the fact that this is only a small part of my interpretation and understanding of this incredible versatile system, which has allowed for the imperfection of nature.

If I see a1, a2 and a3, then it would indicate that the center changes on a2 and a3 by the shift of the feet and therefore the body and maybe it does change the center. What is really important is to discover what really does change, how does it change and what are you going to do.

It could also mean that you are able to hold the center in place and move into a more favorable position by your choice.

Or change your center (still holding the center) in order to get an advantage on your opponent's center. As you can see everything is kept within the lines of the long triangle, but this long triangle is not on its own creating the function of the small triangle

This shows clearly that all is connected within this universe.

Confused? I can understand that.

Using the P.B. Pattern you can see actually what is happening and visually know and realize the situation clearly.

And yet we are only just touching the horizontal use of it.

It is important that you exercise these parts and find out physically what really happens within the plum blossom pattern, but even more so within your own body.

Reading this stuff is all fine, but feeling what is going on, is amazing. The variety of different types of strength that will be developed is unknown for me.

For example if we are going back to guard position shown on page 28 picture No .1.

If you would see yourself in this position, you could argue the matter that it would be a correct position and come up with all the reasons and science why it is correct.

Or you look at it and say that looks lazy, too cramped, too close to the body, which would show you that there is a preference and would take this kind of comment to the next stage for examination of the practicality and theoretical correctness.

Extending the guard further forwards and place them in the next-line position as discussed earlier.

This would make you feel what would suit better and when. It would tell you in your arms whether the close guard could be classed as "lazy, cramped or too close".

Even more interesting it would let you know if you would do it correctly.

It would show you in feeling your own body whether you are structured properly and that might be the reason for making a judgment on the close guard.

Not knowing whether it is correct or incorrect could limit your own freedom and creativity of developing and understanding your W.C.

In my experience with using W.C, I noted many times that when I trained Chi Sao it was often, that the close guard was in use, because it just seemed more natural in that circumstance. However, when I competed in free-style sparring with other styles, I would naturally use the guard further away from my body.

Not that my W.C. is good, but it showed up in a similar pattern with other W.C practitioners.

Whenever I would watch them, and if I had the chance, I would go over to them and start a conversation, which would lead up to an innocent questioning on my part to them, regarding their position of their guard.

Many just did not know. Few could explain certain details. Others were just dead set in their way of holding their guard there without any possibility of discussion.

Now this becomes interesting, because the plum blossom shows you and let you feel what can be achieved.

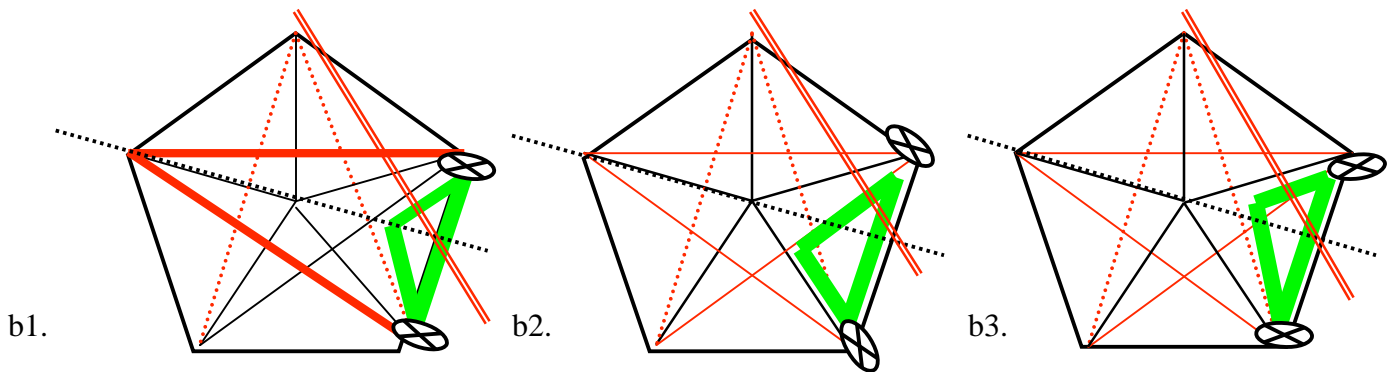
You want more?

OK here it is, go back to page 33 where I show you the small triangles and discuss centerline(s). Many of us are getting confused with this topic.

Now the next part of these small triangle pictured below.;

At first you can see that we have stepped to the **right-hand** side in a neutral stance. This means that from where we started, we have changed direction of the centerline, which is now situated on the **left-hand** corner, and within the center of another long triangle. Keeping the centerline intact, by using the line that joins 2 medium triangles together.

This is another example that shows how everything is connected together.(Opponent's position is at the top)



Now this will be testing the centerlines and angles when you start playing with them.

b1. All these lines are getting to look very complicated and confusing so hope this will help out.

Thick black = the pentagon
Thin black = medium triangle
Green = small triangle
Black oval = feet position

Double red = direction of center
Red = long triangle
Stippled red = original position a1.
Black stippled = center line.

The double **red** line is only pointing out the direction and position between the opponent's body and your own.

We need to assume that movement of motion is achieved and engagement with each other that has called for a reaction.

Just stepping back to page 33 with a1, a2 and a3, you can see that we moved inside the long triangle, which could mean that we have engaged and positioned ourselves on the inside of the opponents attack or defense.

With the pictures on page 35 b1, b2 and b3, it seems like you have moved out of the initial center of engagement and changed your own long triangle (fat red lines) around to the outside of the opponents long triangle (stippled red line = original position a1)

The opponent position is not really changed, but yours.

Hope you can start to see what is happening, and what the options can be with this illustration.

The movements in the pictures of "a" and "b" show you that we can work the system from the inside and from the outside of the long triangles, and use the combination of all triangles and pentagon covered so far.

Looking at the position in b2 and b3 you can see that the small triangle has changed a bit as shown on Page 33.

The reason for this change is merely to ensure that we have to understand that when you make changes with your feet that your hips and spin suddenly have to make adjustment and naturally will correct themselves.

The adjustment can be little and for each movement and position they would be different, because of the alignment you have to make with the opponents position.

So, hopefully we are clear about a1, a2 and a3 were we have a long triangle that guides us to use the long triangle.

In b1, b2 and b3 we hope fully can see that we are working on the outside of the initial long triangle.

You can also see that we are working on the perimeter of the pentagon, which gives us a very clear boundary to work within.

Well the plum blossom pattern has divined this a bit further and given us more triangles to work with, so that it gives us a better chance to understand the meaning of close-hand combat situations.

If you train in karate, boxing, kickboxing or other styles of kung fu, where you require more space to process the situation due to the techniques that are used. You would not use the triangles as much as you are in the WC system.

Why?

I am not entirely sure, but it looks like WC needs very good understanding of "strategy," and I think it is because the risk factor of the close encounters with the opponent is very high.

Once contact is made, you should be well in reach of the opponent and both parties will have invaded territories.

These territories can be divided in phases that show different levels of danger.

To handle these territories in close-hand combat, the plum blossom pattern is accommodating them for these type of styles.

Now I can see it already on your face ... MORE TRIANGLES????

Yes, there are more and they all are important.

The following pictures are a continuation of what I mentioned before in Pictures b1, b2 and b3 on page 33.

More triangles. This triangle I have classes as “**T6**”

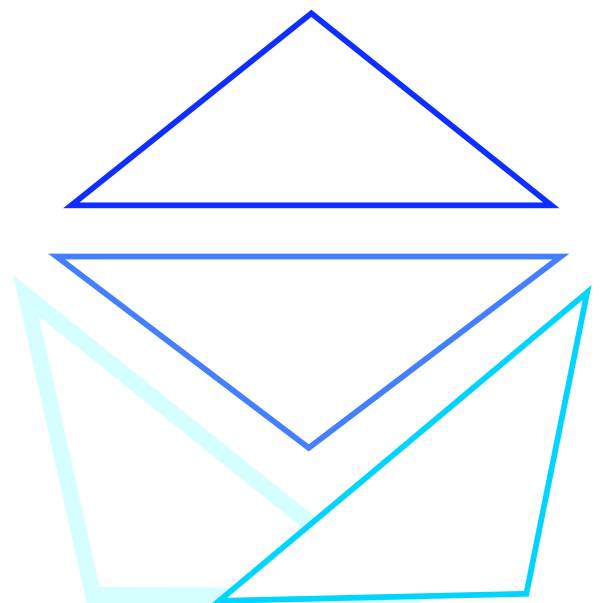
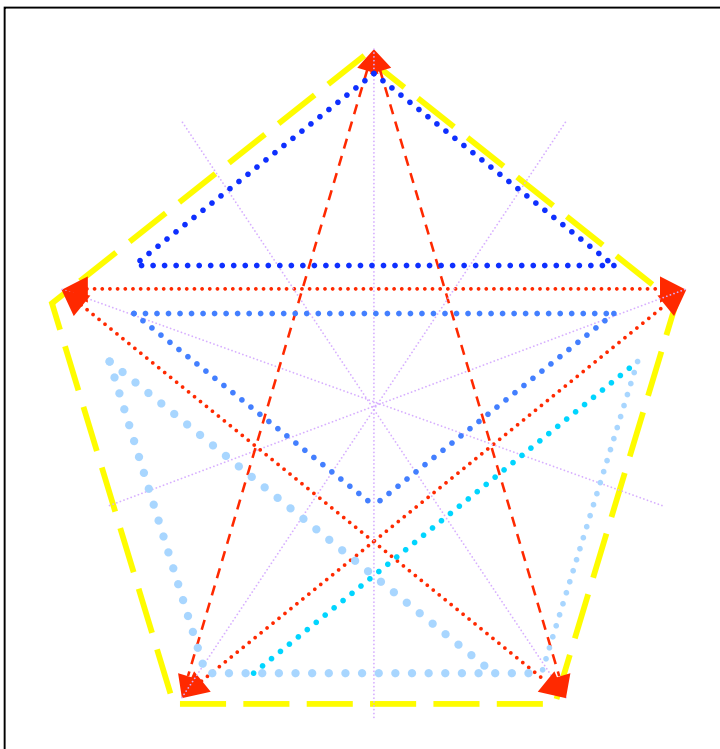
Finding these triangles was an eye opener and when I did I had to understand their function.

If you step back to the b1, b2 and b3 you read that you are working on the outside of the long triangle and within the perimeter of the pentagon.

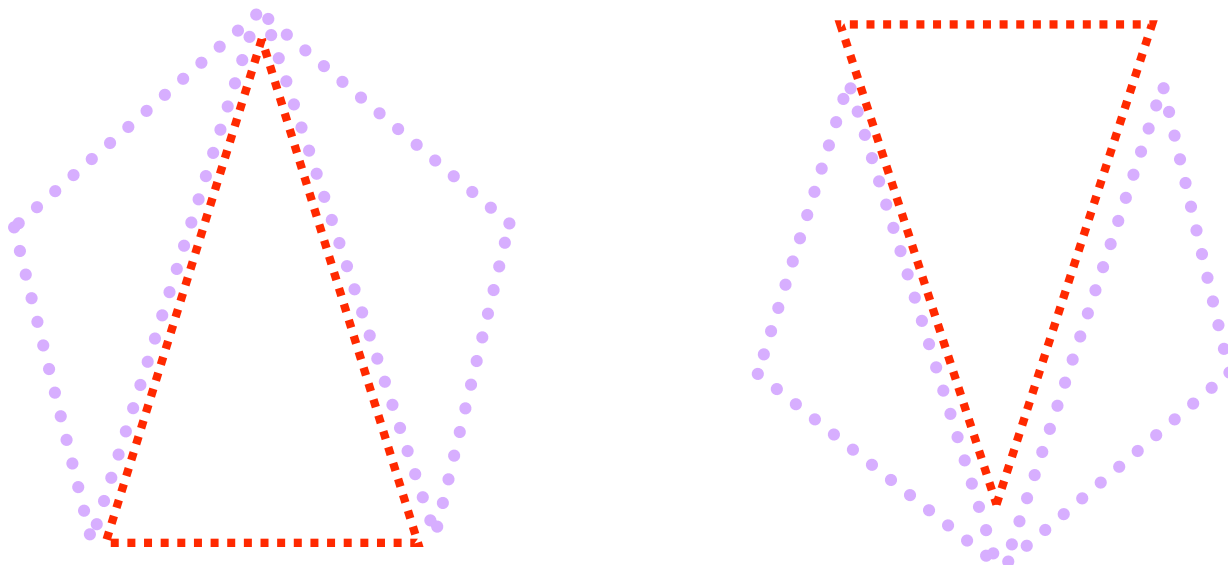
It the same as you would have in the long triangle when you are situated inside the long triangle. Consider that it is your working space.

With **T6** you have your working space on the outside, but will have other purposes as well. The strange thing with this triangle is that we can only find **6** of them. Not 5 or 10, but only **6**

The explanation for the 6 triangles is connected to the 6 circles that are used and we have not covered in this document as yet. (in the pictures below you find 4 x **T6** triangles, the other 2 are shown on page 38)



For now, I will just leave the “Why 6 triangles?” and finish this part with the pictures of the work areas of **T6** (as you can see on the left hand side picture below are 2 more **T6** triangles that are strategically positioned on either side of the long triangle in keeping with the pentagon)



As you can see the long triangle (left hand side) has got the same working space as **T6** and if you turn it upside down (right hand side) you discover that your opponent can do the same.

Or if you want to make a real interesting challenge you can work your own pentagon strategy backwards. It will still work in a similar fashion. Cool Huh?

If you start angling one with the other like I have shown before, on Page 35 you can discover the importance of understanding the strategy and the Cinergy of this whole concept.

There is a continuous flow of questions and answers throughout, and it has not finished yet.

Every time I find an answer, more questions are raised and further details are revealed.

I can understand that WC requires a mind that can think in strategic ways and develop the techniques accordingly, so that application is not a great obstacle.

Mind over matter or matter over mind.