

An eye-opening introduction to the topic of personal self-defence and the system of Wing Tsun Kung Fu. Forget about learning flying kicks à la Jackie Chan! And don't imagine that you're a dead duck when attacked because you are too small, too weak, too young or too clumsy to evade a rapist, robber or murderer. According to self-defense expert Ralph Haenel, a real-life attack does not include the referee, time-outs, rules and fairness that people become accustomed to when approaching martial arts as a sport. Haenel, for over 20 years teaching Wing Tsun Kung Fu, offers guidelines that enable people of any age, size or physical ability to prevent attacks and escape from harm when threatened. Find the answers to many questions like "Is age, gender, talent or condition an issue?". Enjoy a journey of discovery how self-defense training creates powerful self-confidence, along with encouraging motivation, activating and improving your physical resources. Rediscover Your World – SAFE!

The Reality of Self-Defense!

What martial arts schools won't tell you.

Self-Defense Help If You Aren't Jackie Chan.
Beth M. Cason, Foreword Reviews
A Superbly Organized "How To" Manual.
James A. Cox, Midwest Book Review



WING TSUN KUNG FU

Discover the difference between sport-oriented martial arts and realistic self-defense!

AS SEEN AT THE
2004 INTERNATIONAL
LONDON BOOK FAIR

2ND EDITION



Ralph Haenel

The Reality of Self-Defense!

What martial arts schools won't tell you.

There is a difference between martial arts and self-defense?

Forget about learning flying kicks à la Jackie Chan! And don't imagine that you're a dead duck when attacked because you are too small, too weak, too young or too clumsy to evade a rapist, robber or murderer. According to **self-defense expert Ralph Haenel**, a real-life attack does not include the referee, time-outs, rules and fairness that people become accustomed to when approaching martial arts as a sport. Haenel, for over 20 years teaching Wing Tsun Kung Fu, offers guidelines that enable people of any age, size or physical ability to prevent attacks and escape from harm when threatened.

1. Do you have to be a martial artist to learn self-defense?
2. Is age, gender, talent or condition an issue?
3. Do you need artistic skills?
4. Which one is the best Self-Defense?
5. Martial Arts vs. Self-Defense – Is there really a difference?
6. How do TV or movie scenarios compare to real life?
7. What to look for in a self-defense instructor?
8. Is personal training for you?
9. What are the FOUR most important virtues? (Or you will fail.)

ANSWERS TO
NINE
QUESTIONS
DETERMINE
YOUR SAFETY!

SIX IMPORTANT ISSUES FOR SUCCESS!

1. Ten Core Concepts – The Blueprint to understanding the Wing Tsun Kung Fu system.
2. How to avoid becoming a victim!
3. Four fighting principles guide you through all scenarios.
4. Learn how to turn your strength into real punching power.
5. A list of training tips you want to keep. They may save your life!
6. How to **choose an instructor**! What pitfalls should YOU avoid?



Ralph Haenel began his martial arts career back in 1977, taught Japanese Jiu-Jitsu and Karate in the 80's. Starting over Ralph has been learning and teaching solely Wing Tsun Kung Fu ever since 1984. He founded first Wing Tsun schools in East Germany before the Wall fell and during the early 90's in Canada. Working since 1992 as a professional full time instructor, Sifu Ralph has conducted exciting and dynamic seminars in USA, Canada, Germany, Denmark, England and Italy. Author, publisher, personal trainer, dubbed by the media as "Anthony Robbins of Self-Defense Instruction" - Ralph Haenel is the Kung Fu Coach".

Rediscover Your World – SAFE!

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Self-Defense Help If You Aren't Jackie Chan. For anyone searching for a realistic self-defense system, Haenel's book is an invaluable source of information.

Beth M. Cason, Foreword Reviews

A superbly organized "how to" manual. If you are considering acquiring an ability to defend yourself and your loved ones in today's hazardous and uncertain world, then begin with a careful and considered reading of Ralph Haenel's book!

James A. Cox, Midwest Book Review

An extremely informative book, ... The author writes in an easy-to-understand, conversational style and takes your hand as he guides you to the theories and concepts behind the techniques of self-defense.

Mridu Khullar, WritersCrossing Review

Thanks for writing such a much-needed book in this age of crime and terror!

Jennie S. Bev, Book Review Club

Readers Opinions

If you are seriously looking for a self defence system that works, this book is your best bet.

David Sue-A-Quan, Beijing / China

Excellent guide to understanding 'Realistic' Self Defence.

Eugene Park, Vancouver / Canada

Each time I open the book; I find a gem of information!

David Filgate, Kamloops / Canada

This book gives us a very good overview about self-defense.

Jörgen Dalhoff, Aichstetten / Germany

One of the most read books in my martial arts library.

*Louie D. Lindo, Head Instructor
Ikatan Filipino Kali Association (Canada)*

Sifu Ralph Haenel speaks easy when he teaches, and also captivates you in this book.

Guido Morpurgo, Milano / Italy

A welcome dose of reality!

Clarke Wood, Vancouver / Canada

Wing Tsun Kung Fu is self defense in its most uncompromising form.

Dan Nase, WA / USA

A must read for anyone starting a self-defense program.

Jane & Norm Wimmer, Ontario / Canada

www.SelfDefenseBookReviews.com

The Essence of the Book – Quick Facts

**Words are tools,
which
automatically
carve concepts out
of experience.**

Julian S. Huxley

The Main Message

Developing Powerful Self-Confidence based on the experience of aggressive and explosive, yet non-violent physical conflict solutions of the worldwide most successful self-defense system.

The Focus

We focus on offering information for the interested person, who may have never touched a martial arts book, someone who may have felt intimidated attending classes and everyone who is drawn by our very explicit focus.



The Conditions

Physical strength or acrobatic skills, age, gender or physical condition can NOT be deciding factors for a working realistic self-defense system. Only one component is obligatory, your determination for accomplishment, your will to succeed.

The Guidelines

Four fighting principles, four strength principles, four weaponless forms, four dimensions (width, height, depth and time), three training programs (Forms, Chi-Sau & Lat-Sau)

Two active movements, four passive reactions, one passive emergency reaction

Everything is explained through ten Wing Tsun Core Concepts!

The How To

Appropriate tactics and strategies, a talented and highly skilled instructor, an interrelated and focused curriculum, precise training methods and a scientific self-defense system is the basis for consistent progress.

The Training

Intensive programs are increasingly elevated to guide the student slowly and fear free into high pressure scenarios until both partners (!) switch incredibly fast between attack and defense, both not knowing what the next moment brings. This training stands for a highly intensive adaptation process to avoid panic and fear.

The Skills

If, only if defending oneself is inevitable, we don't let the attacker finish the first attack, don't give him time for a second attack, drive him immediately into a defenceless, helpless position. The skills are designed to work in an environment when an attacking opponent does not expect to encounter an "exploding" victim, a victim who fights back extremely aggressively, a victim "shooting out of all gun barrels" at once and non-stop.

The Benefits

Enabling the average person to achieve in the shortest time possible maximum results in the ability to defend oneself realistically while building powerful self-confidence.



photo right:
Trainer Team Vancouver, BC
March 2003



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