



# Nino Bernardo Wing Chun Seminar: '*Gong Sau (talking hands)*'

The history of Wing Chun has been passed on as an oral tradition. Maybe this is why it has been so prone to misinterpretation, misunderstanding, mystification and mythologizing. This is particularly so when it comes to the subject of *gong sau* or talking hands.

As a concept-based system without a competitive element, *gong sau* can be taken as a mutual assessment of effectiveness from practitioners touching hands in a free-play *chi-sau*. At its best it can be interpreted as a frank and honest test of skill that cuts through any bullshit or hype. But at worst it can imply a brutal physical challenge that is ugly and crude.

Nino Bernardo was the student of the late Wong Shun Leung – acclaimed as 'Gong Sau Wong' or 'the king of talking hands' and the champion or numerous *beimo* or challenge fights. Even this title is subject to interpretation and the title was bestowed in part from respect and in part from notoriety.

At this seminar Nino will draw on his first hand experiences to explore both the truth behind the legend and the real purpose of Wing Chun's unique and characteristic tool – *chi sau*. As always, enquiring minds of all levels of experience and background are welcome.

19<sup>th</sup> /20<sup>th</sup> November – 10am to 4pm

London Buddhist Arts Centre, Eastbourne House,  
Bullards Place, Bethnal Green, London E2 0PT.

£100 for both days / tel Chris 07867 550539