

Allan Hong
Wing Chun Report



A short walk from exit D2 at Mong Kok station, Si-gong (my teacher's-teacher) Ng Chun Hong's gym was as inconspicuous as could be. Located above a McDonald's, the only thing that hinted at its existence was an inconspicuous faded brown sign stuffed among many others, that read "Futshan Wing Chun Martial Art".

Training at the gym was an eye opening experience. I had up to that point, experience with only my Sifu's interpretation of Wing Chun. It was the approach that I grew accustomed to and expected from everyone who practiced Wing Chun at Si-gong's gym. However, seeing the seniors at Ng Si-gong's gym broke the misconceptions I had regarding what Wing Chun was - I realised that Wing Chun is a malleable art that can be shaped to accommodate an individual's preference, physical abilities, or natural way of executing the same techniques. Feeling the different adaptations of Wing Chun was something that could not be done through reading books or watching videos; it was something that had to be felt in person.

The standard of Wing Chun at the gym was even higher than I had imagined. Some seniors had been training for several decades and others had been training for many years. I do not know where you could find such a high ratio of advanced students to novices. Everyone I practiced with was better than me and I was overcome with new knowledge and insights. Even chatting with the seniors over dinner after practice deepened my understanding of Wing Chun as a martial art, as well as its traditions and philosophy. Training while immersed in an environment with such accomplished and dedicated seniors was a humbling experience that made me realise how much harder I should train. The seniors' effortless execution of beautiful techniques inspired me to work hard to reach a similar level someday.





Training at Ng Si-gong's gym taught me things that cannot be imagined. The various ways Wing Chun could be shaped, the high level of technical detail and perfection, and the inspiration from witnessing such a high level of mastery of the martial art. The trip to Hong Kong was a learning journey that cannot be expressed in words. It changed my understanding of Wing Chun and my attitude towards training. It was truly an irreplaceable experience.

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