



Evolved Wing Chun®
KUNG FU
Sifu Master Robert Ardito
Founder & Creator

www.shiulungkungfu.com.au

www.evolvedwingchun.com



About Evolved Wing Chun®

Written by: Sifu Master Robert Ardito

Date published: 7/11/19

Soon after commencing my teaching career, I realised that, despite my many years of training in traditional Wing Chun, those of my students who were substantially bigger, and often skilled in mixed martial arts presented problems as my 'adversaries'. These problems were largely due to their longer reach and very strong grips and holds. Overcoming these issues was what sparked my working on the development now patented and trademarked as Evolved Wing Chun®.

Evolved Wing Chun is a substantial reanalysis of the centuries old martial art of Wing Chun Kung Fu. It directly confronts the situation of having to deal with an opponent who is substantially larger and stronger than oneself from free sparring, ground work or against a wall. Our modern racially and ethnically diverse society makes this a much more common occurrence than that faced by the early Chinese Wing Chun exponents.

Evolved Wing Chun does not borrow from other martial arts, trying to incorporate them into a patchwork fashion. Such a system would merely be a list of disconnected techniques. Rather, Evolved Wing Chun is a cohesive whole, developed by advancing and creating new Wing Chun principles, where every move exists in a logical framework, and its purpose and practical application are readily demonstrated.

Evolved Wing Chun brings increased power to the traditional art of Wing Chun, with biomechanically informed application of torso, elbow, and forearm rotations.

The Evolved Wing Chun guard varies to that of traditional Wing Chun by virtue of its orientated 3-dimensional diagonal structure in deflecting mid-chest attacks, and equally effective whether lowered to deflect mid-torso attacks or raised to deflect attacks to the head.



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The advance methods of using the whole entire body to cover gaps upon contact to the arms in the event that structure has been broken compliments the Evolved Wing Chun system.

Defensive and offensive arm movements from the guard position are via curved elbow pathways, and are powered only by rotations of our shoulder joints where movements reset into a guard position. Minimising the use of bicep and triceps muscles maintains the integrity of the Evolved Wing Chun guard. It eliminates the structural and overreaching weaknesses present in many arts which use straight line arm extensions and offensive movements which move away from the body.

Assailants who become frustrated by the integrity of the Evolved Wing Chun guard will often resort to grappling by attempting to seize your arm(s), your neck, or your whole body in a firm grip or hold. For this very reason I created Evolved Wing Chun which deals effectively with strong grips and holds, and this is considered a fundamental part of Evolved Wing Chun Kung Fu.

On contact from your opponent Evolved Wing Chun takes instant control and neutralises immediately the striking ability whether punch or kick of your opponent. This can also be achieved instantly by applying an Evolved Wing Chun movement which not only causes discomfort to your opponent but shifts their body weight hence neutralising his ability to punch or kick.

Evolved Wing Chun also takes instant control of your opponent in free sparring by use of advanced range techniques.

Through proper focus and technique Evolved Wing Chun Kung Fu provide a solid defence against all styles of fighting in that it was tested against the more skilled opponent, more agile opponent, the longer reach opponent, the stronger opponent and the heavier opponent. In order to create a unique system. I took out the main two components of speed and strength. This led to the system being based on skillful technique.

It has been created so that all movements fit together to provide safety in the event that your attacker lets go, holds on and or charges into you.



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