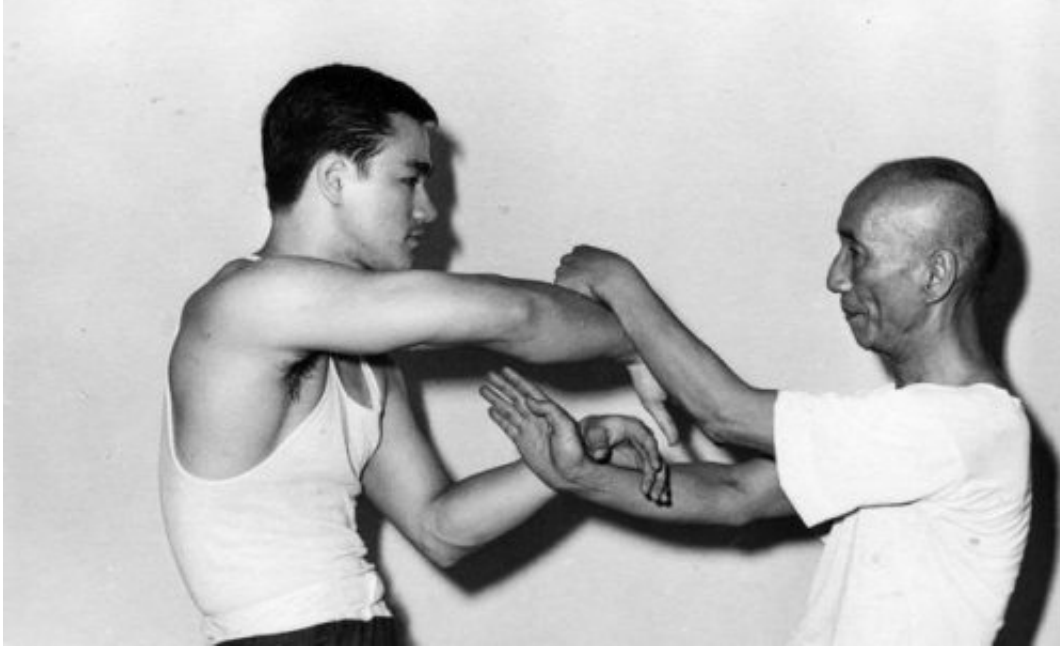


Bruce Lee & Ip Man

Last Modified: 30th April, 2014, 10:41 AM



Our green belt, Ms. Joanna Bennett spotted this.

[Bruce Lee](#) practicing [chi sao](#) with his teacher, [Ip Man](#)!

[Chi sao](#) is one of the primary trapping range sensitivity drills in the [Wing Chun](#) system.

Notice Bruce starts with a [bong sao](#) & [fook sao](#).

[Ip Man](#) starts with a [fook sao](#) & [wu sao](#), which looks rather like a [pak sao](#).

Like most tools in trapping range, the [wu sao](#) can easily change to [taun sao](#), [pak sao](#), [gum sao](#) or other techniques when needed.

That is the nature of the drill, from here each person tries to hit the other while staying in contact and simultaneously defending.