

IN PRINT

BY LAFAYETTE HARRIS

Sifu Michael Mehle, a dedicated student of *Sifu* Gary Lam, has been teaching *Gary Lam Wing Chun* in Germany since 2011. His new book, *The Art of Combat*, is a compelling and insightful guide to the *Wing Chun* system. More than just a collection of techniques, it delves into the philosophy and principles behind the practice, offering a comprehensive and transformative journey for both body and mind.

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What sets *The Art of Combat* apart from many other books is its focus on personal growth. Mehle highlights the importance of mental clarity, inner alignment and emotional balance, making this book a valuable resource for anyone seeking to enhance their overall well-being. The principles of the *Wing Chun* system are presented as tools for empowerment, resilience and mindfulness – applicable not only in martial arts but also in everyday life.

One chapter I particularly enjoyed explores the *Wu-Wei* principle, which embodies the practice of “non-action” or “effortless action”. Deeply rooted in *Daoism*, this principle emphasises aligning intentions and actions

with the natural *Dao*, avoiding force, struggle or haste against the natural order. Rather than meeting force with force, one should flow with the situation to respond effectively – whether in martial arts or everyday life.

Mehle has packed this book with valuable knowledge. The depth of information at your fingertips is remarkable – covering the forms, *Chi Sau*, hand techniques, Wooden Dummy, Double Knives and

Long Pole. And it doesn't stop there. Once you start reading, you won't want to put it down. Captivating and informative, it offers fresh perspectives on familiar concepts you may not have considered before.

One of the standout features of this book is its seamless blend of traditional martial arts wisdom with the realities of modern life. Mehle's insights into the Wong Shun Leung and Gary Lam *Wing Chun* systems offer a deep appreciation of *Wing Chun*'s beauty and depth. Additionally, an exclusive interview with *Sifu* Gary Lam provides valuable perspectives to enhance and refine your learning experience.

Whether you're a beginner or an experienced practitioner, *The Art of Combat* equips you with the tools and inspiration to unlock your full potential in *Wing Chun*. Regardless of lineage, it offers valuable insights to enhance your practice – making it a must-read for anyone passionate about martial arts, personal development, or cultivating a more focused and balanced life.



THE ART OF COMBAT

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Publisher: Michael Mehle (2024)

ISBN-13: 978-3-0-007976-4-4

Where to order: www.missingmind.com