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The wing arm technique as sometimes referred to is one of the best and most effective methods utilized in Wing Chun fight. It mainly helps in deflecting an opponent's punch. To perform Bong Sau start at in the half squat position with your hands up. In one move, turn your hand down and your elbow up.

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Wing Chun is a style of kung fu that emphasizes close quarter combat, quick punches and tight defense to overcome opponents. This traditional Chinese martial art destabilizes opponents with quick footwork, defense and offense happening simultaneously, and redirecting opponent's energy to your advantage.

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Bong Sau (wing arm) is a defensive technique unique to Wing Chun. Use it to divert a punch by creating an angle of deflection. Begin in the half squat position with your hands up and in one movement, turn your hand down and your elbow up. As you do so, turn your waist and tilt your body so your feet are in a fighting stance position.