

UK Wing Chun Kung Fu Assoc.



ANNUAL FREE SEMINARS

OPEN TO ALL MEMBERS

Another Great Day!



RECESSION BUSTING EVENTS are usually a hyped way of making you buy something. The UKWCKFA, however, are selling nothing. There will be no equipment, merchandise or anything for sale.

So NOW you know.....

If you attend no other seminar this year, ensure you are available for the UKWCKFA FREE SEMINARS. Clear your diary Now!

We all live busy lives and things can get in the way of activities we would rather be doing. So book out SUNDAY 23rd October. Yes this year it is a Sunday! We had a number of students who work Saturdays. So we hope to see more of you there.

SUNDAY 23rd October 2011

Riverside Ice & Leisure Centre

Victoria Road

Chelmsford, Essex CM1

11am -4pm

MASTER MARK PHILLIPS
will be expanding on his teaching of last years **Bridging Seminar.**

MASTER ABID MAHMOOD
will be teaching his ever popular **'Nowhere to Retreat' Seminar**

SIFU'S ASHLEY PHILLIPS & GARY COOPER
will expand on the **'Clinch, Shoot and Takedown...'** chi sau gone wrong?

NICK MARTIN SIFU
will be teaching **Kicking Skills**

SIFU'S ERIC WILSON & MARK SOLOMONS
Double Chi Sau Skills

SIFU PAUL SPENCER
will be teaching **Self Defence Skills against grabs, chokes, haymakers....**

JAMES SINCLAIR
will teach various **Pak Sau drills and responses.**

Please ensure you wear your UKWCKFA uniform and that your membership is up to date. Thank you for your understanding.

Has It Been A Year Already?

On October 23rd 2011 we will be holding our Annual Free Seminars.

What started off as a celebration of our 21st & 25th Anniversaries is to become an annual event for all of our members.

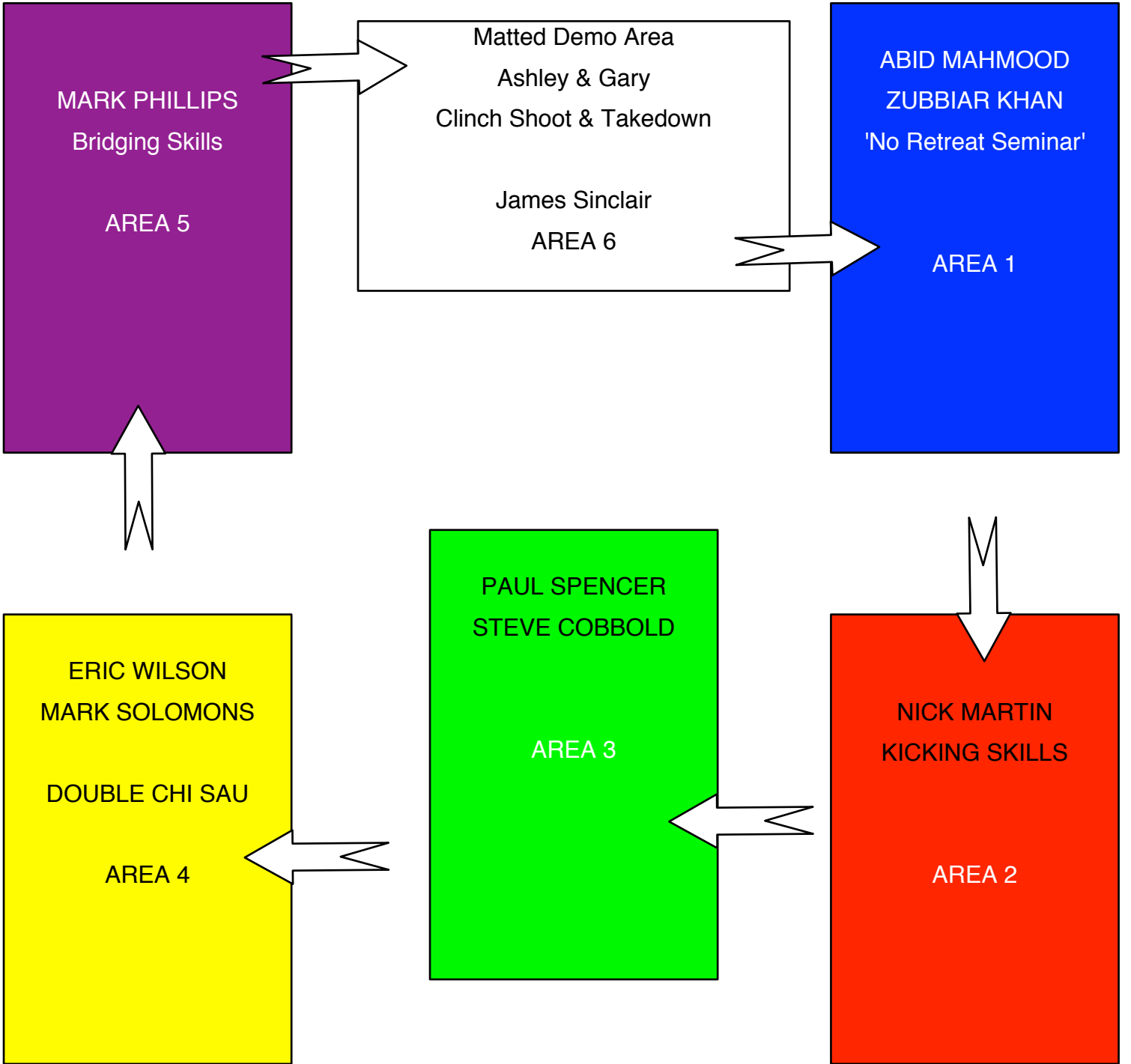
Very rarely in life is something FREE so please join us (we can't pay your travel fees and food!) and enjoy the opportunity to train with other students from across the country, and meet the talented Sifu's at the forefront of Wing Chun Kung Fu.

If you attended any previous events then you will know that you will take away a tremendous amount of knowledge which, we hope, will inspire you to pursue your training with more direction.

There will be a number of short demonstrations. These demonstrations have evolved bringing the theories forms and practical applications to life in a way that is enjoyable, enlightening and entertaining.

Master James Sinclair usually takes a backseat, preferring to enjoy the opportunity to see the talent that is the UKWCKFA. However, by popular request he will also conduct a short seminar alongside his senior students.

Please come along and have a great day.....



UK Wing Chun Kung Fu Assoc National HQ
 4 The Planks, Lubards lodge, Hullbridge Road
 Rayleigh, Essex SS6 9QW

