



# UKWCKFA

## MasterClass



## Siu Nim Tao Seminar

James Sinclair will be teaching the Siu Nim Tao form in great detail over a 3 hour seminar on **SUNDAY 18th SEPTEMBER** from 1-4pm at the National HQ Essex. This is the definitive form of the Wing Chun Kuen approach and you will gain a great deal by attending.

Master James Sinclair will be conducting a few seminars over the coming months. First up is the form that symbolises the very foundation of the art of Wing Chun Chun Kuen.

There is no skilled practitioner of the Wing Chun system who does not rely on a strong foundation of skill and knowledge gleaned from a full understanding of this seminal form.

There are many 'secrets' hidden within the form and a number of different interpretations. Some vary wildly, but none are necessarily wrong!

Master Sinclair will guide you through the minefield of misinformation and confusion and leave you with a far deeper, clearer and ultimately more

simple approach to your Wing Chun training.

In 1999 master Sinclair released his first DVD Pure and Simple and it has been his intention to keep to this principle in teaching.

Most students leave inspired to take what they have learned and train with focus. You will be amazed and what you can take away from a day of focussed intensity.

As one would expect from a Master with approaching 40 years experience in Martial Arts, no stone will be left unturned.

Look out for the Cham Kiu and Chi Sau seminars too..Your investment £50 each

### PART 1

#### Section 1

Power Development

Breath Control

Energy Development

Centre Line Re-Enforcement

### Part 2

#### Section 2

Use of Power

Release of the Power

Control of Opponents Power

### Part 3

#### Section 3

Put it ALL Together

Expand on Theories

Practical Applications

# CALL

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