

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



It is not what you feel that defines your life, it's what you do about those feelings

COURAGE, STRENGTH, DETERMINATION

Are these the emotions that make the difference on your martial journey?

James Sinclair started martial arts in the early 1970's during the martial art boom following the films and death of Bruce Lee.

James began training in Karate and can still remember butterflies as he looked in on row upon row of graded students. The Black Belts standing at the front in their neat, pure white gi's and commanding the class with authority.

The 'butterflies' have never left James to this day, and is a sign that training means something to him. The physiological response is caused by the anticipation, excitement and potential for another good session.

Today, 40 years later, James is the Founder and Chief Instructor of the UK Wing Chun Kung Fu Assoc. and still teaches all levels of student. James feels the most important part of any students training is in the

first 6-8 weeks as this is where the foundation is laid. This is when the lasting impression of the style, the approach and commitment is formed.

James began teaching a few years before becoming a registered teacher with the Martial Art Commission in 1979. This was all the more remarkable as James was a teenager teaching adults and had to earn and keep their respect whilst still very inexperienced in life. James did this through leading by example and strict discipline in the class.

James has always accepted that it takes hard and consistent effort to succeed. However, something happened that made a big difference to James' outlook. This event made James realise it was all down to him to train to gain his own ability, and not to look up to people like Bruce Lee and put them on a pedestal.



James Sinclair
1977 at Leigh-on-Sea's famous cocklesheds. James had a completely torn left hamstring at this time. This restricted his movement, but he worked around it.

IP CHUN SIFU



Grandmaster Ip Chun

Grandmaster Ip Chun taught James the Butterfly knives in Manchester England in 1988 and then invited James to Hong Kong to study further.

In the mid 1970's James was in the audience at a martial art display in Crystal Palace. The event had all the leading UK based martial artists of the time. During one demonstration a teacher (Mr X) asked if anyone in the audience would like to come up and break a brick. James accepted and broke it, with ease, from a few inches. However, the brick did not fall off the plinth and the audience gasped in disappointment. James then held up the two parts and got a huge cheer. However, Mr X was angry and swore at James under his breath. James walked back to his seat in a daze, but as he did so one of Mr X's students' threw a punch at James, which he avoided and the perpetrator fell over. The audience laughed. Whilst this sounds amusing it was part of the catalyst for a frightening time.

James' fellow classmates all congratulated him and were amazed that he did what he did. Mr X then asked James to come forward and break a large plank of wood. James declined saying he could not do it. Mr X preened himself but became embarrassed as he himself could not break the wood, and he was literally resorting jumping up and down on it. The audience began to shout "get a saw" and he lost face.

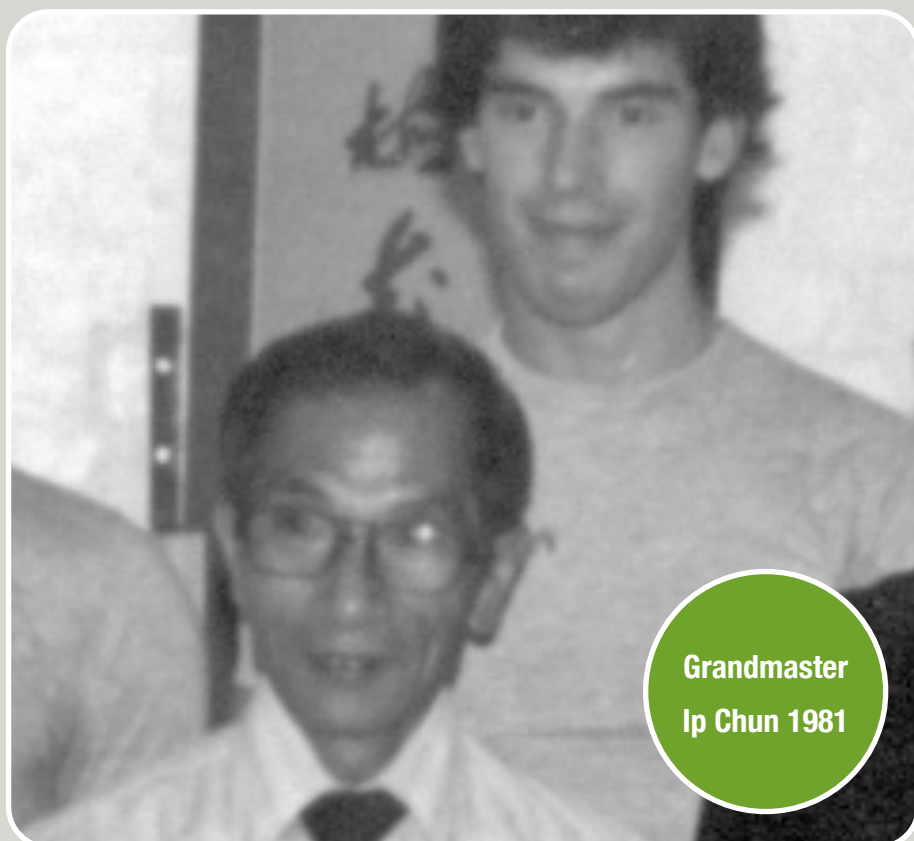
James was now getting increasingly nervous. However, James did not know his teacher was at the event with the Chairman of the Martial Arts Commission David Mitchell. James was taken away from his seat by his own teacher and older kung fu brothers and felt very relieved and strangely safe.

What happened next changed James forever.

Whilst on the concourse between the hall and swimming pool, James was surrounded by approx. 20 people. These were the students of Mr X. They punched, goaded, swore, spat, kneed and kicked James. Mr X's wife slapped James' face and hit him and shouted.

Mr X came through a gap that formed between his students and tried to grab James' throat, but James dropped his chin. He then grabbed James' hair and held it so hard it felt it would bleed. He asked why James did what he did and James answered that he had offered the audience the challenge of breaking the brick, so he had accepted it.

The real reason James accepted the challenge was because the teacher had put on a violent, crass demonstration and was arrogant to the extreme. James was still



Grandmaster
Ip Chun 1981

young and idealistic and wanted to stand up to what he saw as a bad example. James and his friends all knew they could break bricks with ease, as they had done it many times during their Karate days.

The aggressor then stated he wanted James to break an industrial brick which James said he could not do. He then asked James to fight him. Although James was now very scared he said he would accept, but could not be expected to fight all of Mr X's students. Mr X then asked James what style he did. James proudly (if naively) stated Wing Chun. He then wanted to know who James' teacher was. He then let go of James' hair and stated very coldly and clearly that he would hunt James down and kill him. He walked off swearing, threatening and punched a huge concrete pillar, apparently breaking his hand (only rumour). James had a police escort home as the threat to kill was very real indeed and the only time James has been scared by a vocal threat.

It was disappointing that none of James' friends and fellow classmates even attempted to help. Only one person a man named Mick Garvey (James older kung fu brother) attempted to help, however James, saw him held back by

another kung fu brother or James' own teacher. This was worse than being alone.

This incident made James realise that nothing mattered except his own journey, his own ability and that no matter what, he would need his own ability, and not rely on others.

Even if there had been support, and a mass fight ensued, it is of no use if your friends are winning and your are being badly beaten, resulting in a friend have another opponent set upon them.

Looking back James realises that a good Sifu would not have left a teenage boy alone to take a beating, and certainly not if that boy was one of your own students.....

This event resulted in James changing his name, and being suspended by the Martial Arts Commission from training for a few months. His teacher, however, ignored the ban and allowed James to continue to train.

James' feels his only guilt in the whole incident appears to be naivety and a lack of understanding of politics, the latter still eludes James to this day, and is the reason James still hates bullies.



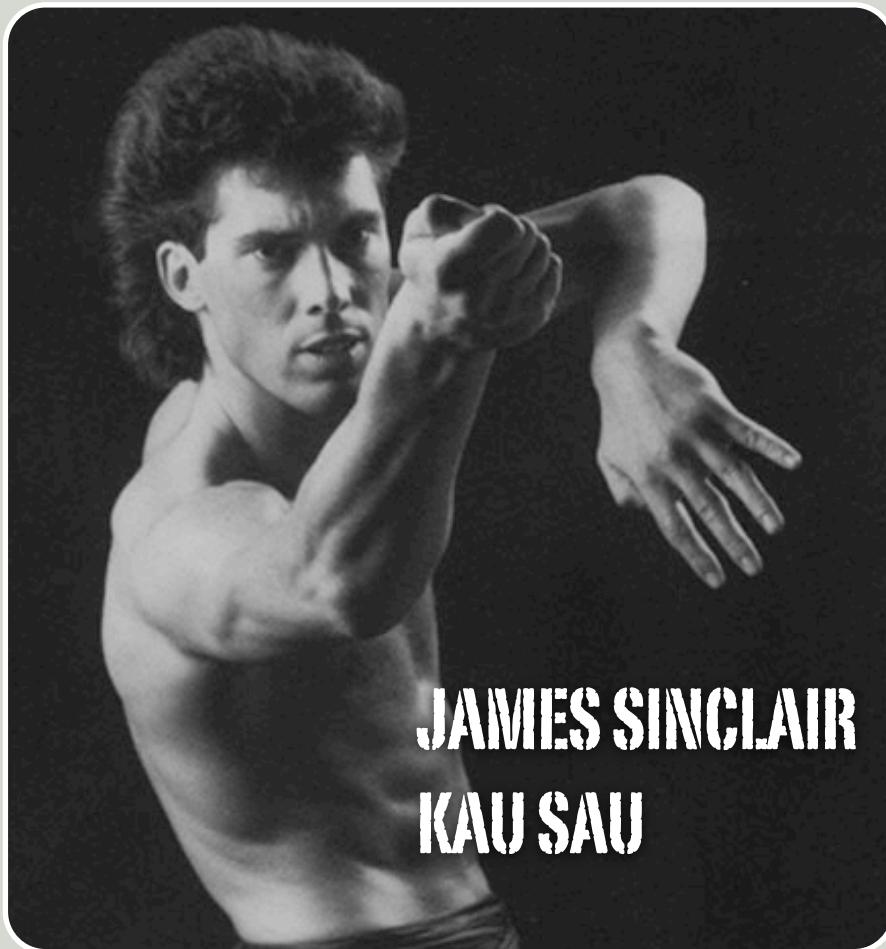
Bart Cham Do

WALLBAG



Hand Conditioning

Wing Chun Kuen specialises in close range skills. The difficulty of generating power is overcome by hard work and simple equipment.



Demo Rehearsals

High round kick is intercepted with a Wing Chun Low Side Kick.

Demonstrations help the public gain an insight into the style. They also help the 'actors' see the potential.



'Teaching Should Take A Holistic Approach And Have Personality'

TEACHING IS A SKILL GAINED, NOBODY IS A GREAT TEACHER TO START...

Many students feel they do not have the Wing Chun ability to instruct. They often compare themselves to their own teachers and feel they fall short. What they fail to realise is that the very people they are looking toward felt the same when they first considered teaching. Students also do not realise that the UKWCKFA has had a training programme for teachers since it's outset in 1985. The senior teachers have had no choice but to attend the monthly training seminars for many years. This is why the UK Wing


Chun Assoc takes pride in its ongoing teacher training programme and why our teachers are of consistently high standard.

We Want YOU to teach...

Teaching, Coaching and Instructing are common terms but are they the same?

Within the UKWCKFA a teacher is called a Si-fu or teacher-father. Therefore, it is only right that this highly respected term is used for our most experienced.

Teaching is considered a holistic approach encompassing many factors to help the student socially, psychologically and physically. We believe that to become a teacher or Sifu takes time and experience, and cannot be rushed. A good teacher has personality and can approach any subject from any viewpoint and enable a student to relate

2013 SEMINARS (BOOK EARLY)	JANUARY	FEBRUARY	MARCH	APRIL
	<p>Siu Nim Tao A hugely deep dive into this fundamental form. Master your basics and release your potential</p>	<p>Cham Kiu Another deep journey into this often misunderstood form.</p>	<p>Wooden Dummy This is for those who have never trained on a dummy and want to move forward.</p>	<p>Chi Sau One of the most popular seminars. You simply can't train in Wing Chun and not understand this fully.</p>

SIFU PHILLIPS



LondonWingChun.co.uk

1. Sifu Phillips use the Sut or Knee to destroy.
2. Sifu Phillips, fearless, some 100ft up on a Hong Kong rooftop.
3. Sifu Phillips demonstrates his inarguable skill in Foshan, China, the ancestral home of Wing Chun.

to that subject. Teachers rely heavily on two way communication and ask lots of questions focussed at their students, and enjoy being questioned, or even doubted! As so much of a teachers approach is based on experience, every Si-Fu in the UKWCKFA has a clear personality and their approach can differ quite radically from other Si-Fu in the Assoc.

Our Intermediate level teachers are more akin to Coaches and understand the psychology and technical aspects of the subject. They can motivate and give good sound advice on the mechanics of training. They are developing better communication skills and rely less on enforced discipline. Good coaches are still rare and valued.

The UKWCKFA instructor is the least experienced and is usually a skilled practitioner who can command a class and give mechanical advise on training. They tend to rely on a tightly run class, with strict discipline and ask fewer questions of their students. They will conducts lots of drills and hard physical workouts. They are still very much training with guidance and although they lack experience, their enthusiasm counts highly. The UKWCKFA values the Instructor as they are the new future Coaches and Si-Fu

It can be more tricky to teach adults than children as they have many more distractions, delusions and weaknesses than assumed. Many adults want to be good, however, many have not studied anything since school or University and have forgotten that everything comes down to input, and have almost forgotten how to learn.

It has become de facto to use kitchen table philosophy in martial arts, which is deeply embedded in Western psyche through the TV series Kung Fu. Statements like:

The More We Sweat In Peace
The Less We Bleed In War

are designed to inspire a person to see that the journey will not be easy, but the efforts worthwhile. Whilst our teaching team does not expect student to carry a cauldron of hot coals to brand themselves, it is expected that an acceptance of the need for commitment and hard work is necessary. In fact Kung Fu literally translates as 'Hard Work'.

If you wish to one day become a Wing Chun Sifu you need to pass the Siu Nim Tao grading before applying to your teacher to enrol. We look forward to seeing you there!
Usually Third Sunday of the month 6-8pm



SIFU MARK PHILLIPS LONDON WING CHUN ACADEMY

Sifu Mark Phillips began his training under Master James Sinclair's guidance in 1986. He is one of the earliest registered members of the UK Wing Chun Assoc. and has grown to become one of the world's best practical users of the Wing Chun art.

Sifu Phillips journey has been steadfast and determined. Like everyone he has experienced many obstacles that could have deflected him from his journey. However, the testament is not the feelings that one has but the action taken as a result of them. Mark has stuck to his guns and made steady progress year upon year.

His remarkable achievements so far have included:

- 1989 Gained full Professional Instructorship in the UK Wing Chun Assoc.
- 1989 National Championships (Gold Medallist in no gloved no rules competition).
- 1991 Awarded the 'Bart Cham Do' (Butterfly Broadwords/knives) as recognition of his skills and

standing in the Wing Chun Kung Fu community.

- 1991 Became one of only two accredited National Examiners for UK Wing Chun Assoc.
- 1993 Coached the Winning team in the 3rd Annual National UK Wing Chun All Comers Championship.
- 1993 Was responsible for development and implementation of the UK Wing Chun Assoc Weapons Skills program, which included Kubaton and Edge Weapon defence training. He remains to this day the director responsible for the development of Reality Based Edge Weapon Defence Training.
- 1995 Began instructing a range of law enforcement bodies which included Police and Special Operations Groups in a range of Reality Based Defensive Skills, in the United Kingdom and in the United States.
- 1996 Became the first student in the UK Wing Chun Assoc to take and pass the difficult and famed Wooden Dummy Test and as of 2012 is still one of only 4 persons to pass.
- 1999 Featured in the international best selling Wing Chun Teaching Video 'Pure & Simple'.



**One
Foot Longer
One Foot
Stronger!**

SIFU PHILLIPS



EFFICIENCY ~ ECONOMY ~ EFFECTIVENESS

1 Taan Sau interception and deflection

2 Mid section Side Kick, Long range simple and safe

3 Jarn. Elbows are a favoured close range technique.

KUEN YAU SUM FUT

Fist Comes From The Heart

- 2000 Featured on Bravo Television's 'Ultimate Warriors' series.
- 2003 Featured in Teaching Wall Bag training techniques and applications in the UK Wing Chun Assoc 'Master Class' video teaching series.
- 2004 Voted UK Wing Chun 'Martial Arts Instructor of the Year'.
- 2005 Appeared on GMTV teaching Simon Web from the pop group Blue.
- 2005 Became a lifetime member of the Ving Tsun Athletic Association in Hong Kong.
- 2006 Voted UK Wing Chun 'Student of the Year'.
- 2008 Judge for the first Wing Chun Chi Sau International competition held at SENI, London Excel.
- 2009 Represented the United Kingdom for a world record for the largest first form display for the Guinness Book of World Records. The event was held in Hong Kong.
- 2009 Became member of 'World Wing Chun Union' in Hong Kong.
- 2009 Represented the United Kingdom as part of an international display team in Foshan, China.
- 2011 lead the London Wing Chun Academy team on a cultural exchange to China, this included demonstrations at the Olympic National Sports University in Guangzhou, China.

Sifu Mark Phillips is the head instructor of the London Wing Chun Academy. This full time facility is possibly one of the most professional purpose built Wing Chun schools in the country, if not the world. Sifu Phillips can be contacted through www.londonwingchun.co.uk



Sifu
Mark Phillips
BJJ Brown
Belt



OUR WEBINARS ONLINE

Coming Soon FREE To Members

Some of you may be aware that we will have a members only access area on the main UK Wing Chun Assoc. website. The aim is to bring to you some good quality teaching material covering all aspects of training. In fact it would be great if you could write and ask questions or suggest ideas for material you would like to see.

So far we have a number of footwork videos and extended that into Chi Gerk or

Sticky Legs. There is a little Q&A with Sifu Abid asking James Sinclair specific questions on Single Chi Sau. We will also post Sifu Nick Martin's fitness series and finally we have a number of Double Chi Sau and Sparring skills clips to post. So there is a lot to look forward to. We hope you will thoroughly enjoy the experience.

However, remember it is for members only. If your membership is not up to date, you will not be able to access the material.....



Student and Instructor of the Year

Nominations are now being taken for these prestigious titles. Not just names required, we need your reasons. Winners will have a profile in the next newsletter.

HAPPY HOLIDAYS***

Yes it is a bit of an Americanisation, but whatever your faith, we hope you have a wonderful break, and get to spend time with those you hold most precious.

From all of us at the UKWCKFA to all of you.

See you 2013 for some serious training.....

Chi Sau Competition

- Full Contact To The Body
- No Gloves
- Give It A Go!

Sifu Alan Orr

is conducting another Chi Sau competition at Seni in June 2013. If you would like a competitive outlet, please let us know soon.

UK WING CHUN ASSOC.

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UK WING CHUN KUNG FU ASSOC

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