

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



KARMA. FACT OR FICTION?

DO OUR ACTIONS AND THOUGHTS COME BACK TO BITE US? TREATING OTHERS AS YOU WOULD LIKE TO BE TREATED CAN BE HARD AT TIMES. DECIDE AFTER READING THIS INSIGHT INTO A CHALLENGE FIGHT TOO FAR.....

The early days of Wing Chun Kung Fu in the UK were fraught with violence, deceit and unsubstantiated criticism. During this period a young James Sinclair was training hard to be the best he could. However, the politics and in-fighting was eventually to land on him as his teacher made flamboyant statements, and enjoyed the fame of trying to be a Kung Fu Star.

In the 1970's there were not many Wing Chun Kuen classes in the UK, and they were mostly held in or around London's Chinatown. The rivalry between schools was intense as each tried to establish a name for themselves. The only comical side was that former Karate schools rebranded themselves as Kung Fu schools. The public really did not

know or care too much, the hype and hysteria of Bruce Lee was all consuming for a short period of time.

James was travelling far and wide to study and spent every penny he had to train, selling many of his own items simply to fund his travelling costs. He would travel from Essex to Ealing every week just for a 11/2 hour session. All of the classes were packed with over 40 students per session. James' teacher was very hard, creating a tense, competitive atmosphere in the class. It was certainly not a 'friendly environment'.

During those days there were regular challenges from other martial art styles and between Wing Chun Kwoon's. The rights and wrongs are certainly open to



Southern China 2010

As guests of Master Donald Mak and the Russian Wing Chun schools we were pleased to see that although Modern China is evolving very quickly, there are still National Parks that are preserving the history and beauty of the natural landscape. ©Photo J Sinclair

BE HUMBLE



HUMILITY

Humility in martial arts is considered one of the great qualities to possess. Always be prepared to learn from everybody. No person has all the answers. Keep an open mind and listen, even if you disagree.

Friendships and respect count for so much.

©Photos J Sinclair

debate. However, at the time the Chinese way of proving oneself as capable of running a school was through challenge fights. It did result in the Wing Chun schools being primarily concerned with producing fighters who could stand up for the name of Wing Chun, and stand up within the field of Wing Chun. It also allowed many others to follow who cannot apply Wing Chun, cannot coach to application and live off the reputation forged in those early days.

Now follows a true event...

Master James Sinclair had been training very hard for a number of years. Whilst James was teaching in Chemsford, a man had walked into the London Hq and challenged his teacher. James was asked to come to the school next morning, along with Master Tang Wai Po. James was surprised that he had been invited to see his teacher fight. When James arrived he was shocked to see a six foot + individual demonstrating the art. James whispered to ask Wai Po what was going on. Wai Po stated that

this man had demonstrated the whole system. James only knew some of Cham Kiu at this time.

When his teacher saw James he stated something along the lines of "ah! my student has arrived now, and he will accept your challenge.."

James was happy to be wearing cuffed jogging bottoms!! This was a very scary proposition for James as he felt the likelihood of being beaten up was very high. Still, James had to deal with his fear, obey his teacher, support the school and all that he had trained, and be counted, regardless of the outcome. Losing did not matter when compared to failing to stand up for the school.

James and his opponent squared up and touched hands. After a bit of pushing and pulling and attempts to break through the centre line his opponent forced his left arm forward and down on James' right arm. James changed gates and threw a devastating right elbow to the eyebrow of his



Grandmaster

Chau Lin Fat

opponent. His opponent was caught so badly it broke his eye socket and he stated painfully "Jesus, mother of God help me". James can still hear these words despite them making no sense. James' opponent went very pale and began to shake as he went into shock. He had to sit down and conceded to James' teacher's that his Wing Chun was the best he had met (apparently he had challenged a few other Wing Chun schools). James' teacher stated he already knew that. He then further stated that his student, James, was yet to warm up and there should be another round....

**Sau Chi Sau,
Mo Deih Jau**

**When the hand
sticks,
There is nowhere
to run**

Round two was an intimidating prospect. As they went to touch hands James saw his opponent literally flinch. He appeared broken physically and spiritually. It was a horrible experience.

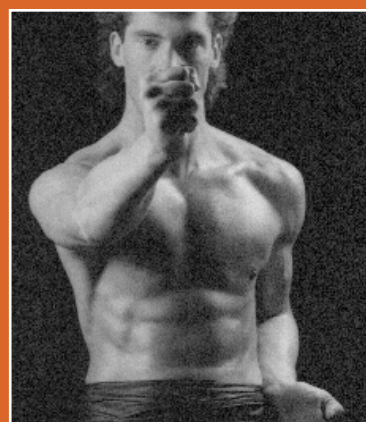
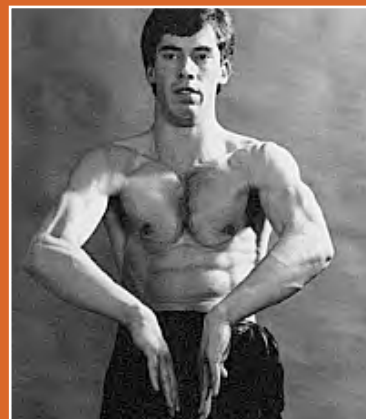
James controlled his opponents arms and only gently slapped the opponent avoiding the injured area. After a short period his opponent felt faint and had to stop. He sat down looking terrible. James' teacher stated "Let that be a lesson to you, and my lessons are £25". He made the man go to the changing room and it could be heard that he was scrabbling to find the money. As this was early 1980's it was a lot of money.

After the challenger had paid and left there was a terrible tension in the air. James' teacher tutted and stated that James lacked power. He stated that the strike had not even drawn blood. James can recollect the elbow hitting and almost as it withdrew the swelling rose, a little like a Tom and Jerry cartoon. However, it is not amusing in reality. James was further told that he was expected to beat the man badly, break his legs and throw him down the stairs. James' teacher stated that nobody even says his name without permission. He told James to go hit the wallbag to build his power. James



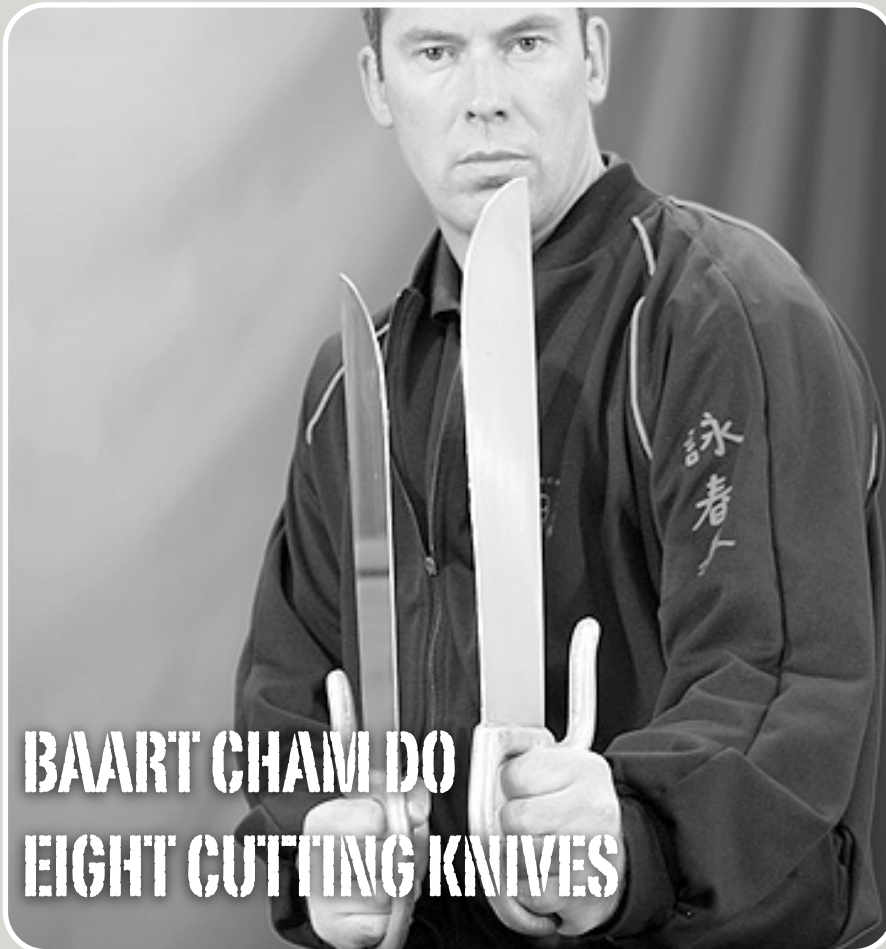
**Summer
Camp
Live Action Sparring
with
Sifu Wilson**

CONDITIONING



Conditioning Is Essential

When all things are equal in terms of knowledge, height and weight, it is your responsibility to ensure your conditioning is a priority. However, training for a fight when you have no idea of when it could happen makes 'peaking' very difficult. This definition could possibly help explain why Martial Art is seen as a Way of Life and not a sport.



Thought For The Day

When you wish to master something. Practice to get it right, then continue to practice until you cannot do it wrong.

Experts in any field make it look easy. The secret is perseverance.



Kuen Yau Sum Faat: The Fist Comes From The Heart

duly did just that. But with no advice on how to improve he continued as he had previously!

Later that evening James' teacher stood on his 'stage' and announced that "today we were challenged and I saw off that challenge". He then went on to emphasise that his was the best Wing Chun school. James was not acknowledged and stood at the back of the class and was not spoken to for a good few weeks by his teacher.

However, the recollection above is not to shock or impress, but simply to give a background to what was to happen in the future.

A few more challenge fights ensued. James now fully realised his teachers character and felt empowered to leave. When a person has invested so much into a journey, leaving is not easy. His teacher got solicitors involved to no avail and James has never regretted his decision to leave for a second.

After James had left his teacher he was in the wilderness. One day Sifu Nino Bernardo called and kindly asked if James

would like to attend a Wong Shun Leung Seminar. James was happy to accept.

Train Hard
in the hope to
Fight Easy

At the seminar three rather large men came up to James and wanted confirmation that he was indeed James Sinclair. James thought for a moment that now he might not be...!

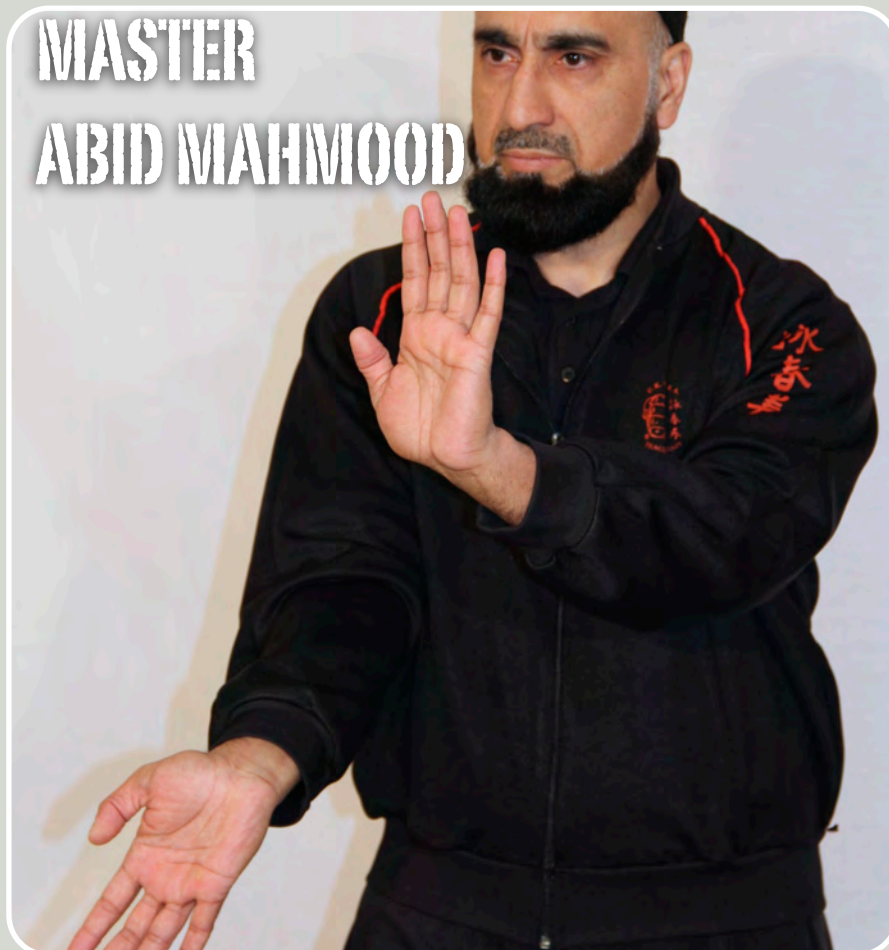
These three men then went on to ask if James could remember their teacher, a man who challenged his former teacher. As they recalled detail it was clearly the story told thus far. James felt that Karma had caught up with him and before potentially receiving a beating, just wanted to explain his situation. They then said they simply wanted to say thank you. They stated their teacher had told how James had behaved. They also told James that their teacher had ended up in hospital for a few days in shock and was in a bad way. They stated their teacher knew James was expected to do more damage in round two, but he had not.

So if Karma does exist and you wish to be counted for your actions, try to make good decisions, even when others put pressure to make your actions poor....

Master Abid Mahmood

James' longest term student, Sifu Mahmood has been a stalwart member of the UKWCKFA staying loyal despite the miles and years. He is a talented martial artist, teacher and very humble person.

www.midlandswingchun.com



MASTER ABID MAHMOOD

平穩

容認

靈感

堅忍不拔

忍耐

You may be wondering what the five sets of calligraphy above signify. These five sets are representative of Master Abid Mahmood whom James has taught for nearly 30 years.

From Right to Left they are:

1. Patience: Sifu Abid has always displayed patience and has been prepared to deal with long gaps between lessons. But, like a sponge, he soaks up all that is taught when the opportunity arises.

2. Perseverance: Demonstrating great strength of character Sifu Abid has worked diligently on the skills of Wing Chun Kuen. His 'Back to the Wall' seminars are amongst the most popular in the UKWCKFA,

3. Inspiration: Sifu Abid is an inspiration to many people both professionally and personally. Sifu Abid has developed many good students and remains humble of his own ability.

4. Acceptance: Sifu Abid accepts difficulty and despite feeling a little isolated over the years, he has remained steadfast. Sifu Abid has made great progress in the last few years in particular.

5. Tranquility: as a devout Muslim Sifu Abid praises only One and takes no credit himself.

Master Abid Mahmood began his training with James Sinclair before the UKWCKFA was inaugurated, and is his longest term student. He began training in Birmingham where James travelled every week for quite some time. He has trained steadfastly ever since and has made every effort to train under James' guidance by travelling vast distances.

Master Mahmood is an accomplished Wing Chun Kuen practitioner and is particularly good at Chi Sau. He has taken four of the UKWCKFA gradings and is well respected as a talented teacher, having won the Instructor of the Year trophy.

At the 21st and 25th Anniversary seminars Master Abid conducted some of the most popular discussions and demonstrations of the day. He has produced many good quality students and teachers and some of those teachers are producing good students of their own. His senior student Sifu Zubbiar Khan is a talented teacher and Wing Chun practitioner and demonstrates all the qualities only gained from a great teacher.

It is now James who travels to Master Abid's school in Hockley, Birmingham to teach seminars for an enthusiastic group who are progressing well. James is proud to see the Midlands Hq is a thriving school with a good club spirit. This 'spirit' is down to the continuing efforts and good character of Master Abid Mahmood....

Assalyam
AllayKum
BismilAllah

TRAINING AIDS



PADWORK

Top: basic Centre Line Punching can feel weak on a pad. Ensure your partner 'feeds' the pad well.

Centre: Advantage of padwork is mobility of footwork.

Bottom: Elbow and other strike variants can be used on pads and heavy bags, not on wallbags...!

DOES SPORT ECHO LIFE?

In the modern age of martial arts we are lucky to have a deeper understanding of so many of the scientific advances in sport.

Our knowledge of the body and how it works, the relationship of exercise and nutrition, the importance of training periodisation, have all led to certain individuals running further, jumping higher and physically reaching conditioning levels previously thought impossible.

Simply for fun, many 1000's of people complete marathons from all walks of life and levels of fitness. The dissipation of heat, the protection to joints through good shoes etc. have resulted in the clothing worn many sportsmen and women becoming a science.

Humans now run faster than at any time in history. It may be that an individual ran away from a lion faster than Usain Bolt completes 100m, but it is unlikely..! The great runner of Marathon in Greek history died after his efforts. We have people today completing daily marathons for charity.

So has the human evolved so much that we are all faster and stronger? Probably not, but with a few billion humans on the planet, there should be exceptions in quantity enough to appear so at events like the Olympics. Overall it would appear that to succeed still

requires the greatest strength, that of the mind.

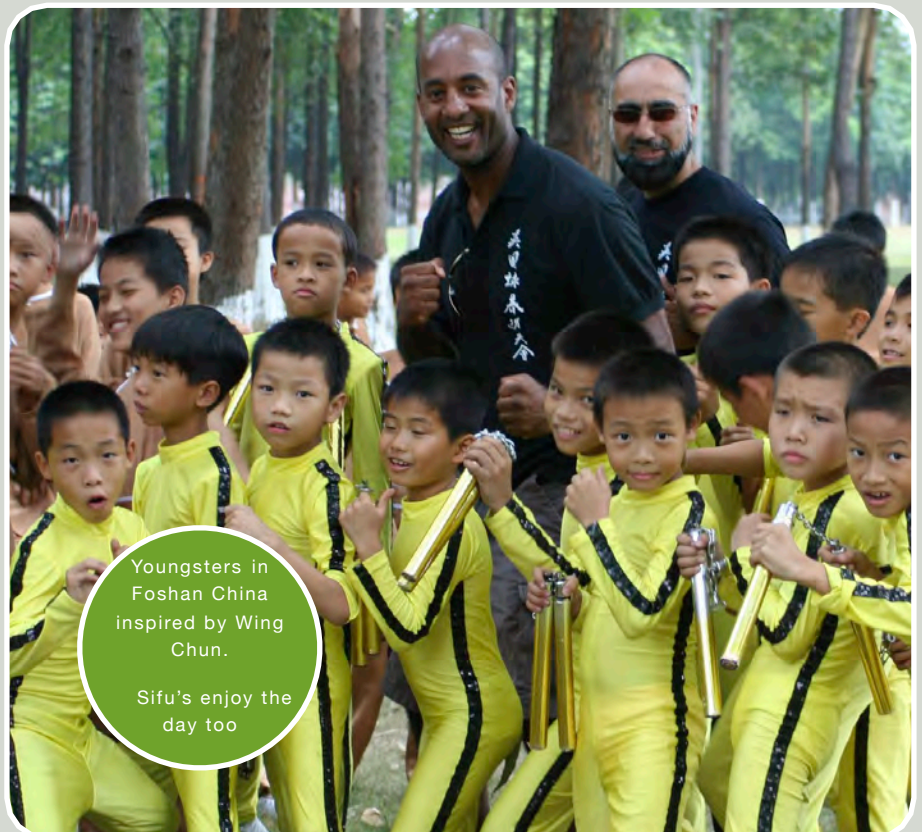
Here, it could be argued that in times past individuals suffered and toiled in their daily life to survive to such levels that a modern athlete's 'discipline' would appear a refreshing break to them.

Never in history have sports people been able to pursue such individual activity and be rewarded so well. Gladiators were trained fighters, cared for, massaged, fed well and held in 'esteem' by fans. Today, rightly, we are not allowed to seek legalised murder and mayhem, but would we given then choice? Are the laws of modern society there to stop us going back to base nature?

The development of modern martial arts into MMA is as close to Gladiators as we have seen in the modern age. In fact UFC often use the imagery of gladiators in their screenings.

One common theme amongst all successful sportsmen and women is their ability to withstand pain, suffering and sacrifice, to remain focused on a goal and keep pushing.

These are the basic survival qualities of all human beings, and maybe that is why we have gone on to dominate this third rock from the sun, and why sport has become so popular as people live their lives vicariously.



Youngsters in Foshan China inspired by Wing Chun.
Sifu's enjoy the day too

GRADINGS

With 2013 well and truly flying, it is probably a good time to ask yourself about when you wish to take the next challenge in your Wing Chun training. For most people this will be in the form of taking your grading.

The UKWCKFA has had a grading structure in place since 1985 which has adapted over time. However, the grade levels remain a steadfast challenge and good indicator of the standard of the individual to all other members of the Assoc.

Where most martial art schools have every level of student train in a single class, we at the UKWCKFA maintain that this is not the approach we favour. We can see the practical sense such as in hall hire cost. However, we feel that due to the nature of our training it is best to keep student of similar levels together only allowing more experienced students to train at lower levels to review their basics and assist in the training and development of their younger kung fu siblings.

So if you wish to move forward, you will have to take that challenge.

CHI SAU COMPETITION

Later this year there will be a Chi Sau competition organised by Sifu Alan Orr. The event is on June 8th and is a chance for those who enjoy a challenge to enter and put their skill to the test. The format is quite simple.

1. It is unglved
3. You have to roll three times before striking
4. Full contact to the body
5. When a break occurs you can kick to legs or Paak to re-establish contact
6. No free punching. No strikes to face
7. You can knee to the legs.
8. No break can last more than 5 seconds
9. Only 5 seconds on the ground
10. Points for general control
11. Points for pushing out of fight area
12. Sweeps and throws allowed
13. Joint locks (not small joints ie fingers)
14. Standing Strangle controls allowed ie rear naked choke
15. General area dominance through push and pull scores.
16. All restarts are in standard Chi Sau setup
17. Continuous striking system, so if simultaneous hits, both score.

Chi Sau Skill

1. Sifu Ashley Phillips (R) tries to get through and meets resistance from Sifu Nick Martin.
2. Sifu Ashley then uses Paak Sau to cause Sifu Nick's hand to follow, and create a chance to punch.
3. Sifu Ashley then follows up by dropping his left elbow to slip through.
4. The top and bottom picture in this sequence can be switched!

We have a small core of students who have already expressed an interest in entering. If you would like to enter please let us know as soon as possible. Up your fitness and conditioning regime now and be mentally prepared.

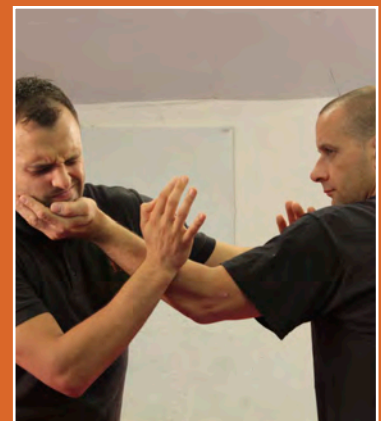
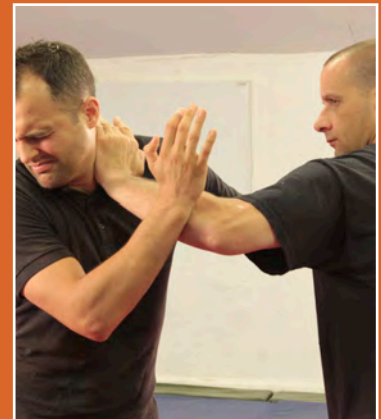
If students are to enter, they must do so through the UKWCKFA. They must attend a few training sessions to familiarise themselves with the rules. It is totally wrong to enter a competition and purposefully flout the rules or complain that they do not suit you after you enter.

It is our hope to organise a meeting with some of the students of Sifu Alan Orr and train hard together to work on making it a test of skill and not simply a struggle and fight.

We urge students from all branches to attend the free training sessions, which will be held at the Rayleigh Hq. Dates and times to be decided.

PRACTICE
WITHOUT
KNOWLEDGE
IS DANGEROUS

CHI SAU SEQ.



Sifu's
Nick Martin & Ashley Phillips



Women & Wing Chun

The system was developed by a woman for a woman. Hijacked by men it has become a real 'tour de force' in martial arts.

Below: Poppy Young of the London Wing Chun Academy demonstrates her formidable skill and power.



Seminars: An unnecessary expense, or an opportunity to excel?

Over the years the UKWCKFA teachers have conducted many seminars. Some to outside groups but the majority to our own students. This begs the question, why would students who pay to learn anyway, pay extra to attend seminars on material they should, may or will know in the future?

It is a fact that when teaching students take in different information from the teacher. It is natural to latch on to the parts that you somehow have an affinity toward and those that have relevance from your own experiences and opinions.

Sometime a student feels they understand something from a class, but as they continue training, hit a wall. Attending a seminar will help



broaden their experience and allow them to absorb more of the material they previously missed.

Classes are typically only 1 hour and 15 mins and this includes a warm up. In a seminar teachers coach for 3 hours continuously and really get the chance to 'flow' and bring out the best of the material in hand.

Those students that attend seminars generally are of better standard because of their extra efforts. If you ever had an interest in teaching, it would be crazy not attend every seminar and get the depth of understanding required.

Chief Instructor James Sinclair conducts MasterClasses in various aspects of Wing Chun Kuen monthly. They are extremely detailed and valuable to all who attend. Why miss out on such an opportunity to pick the brains of nearly 40 years experience?

2013 SEMINARS	FEBRUARY 17	FEBRUARY 24	MARCH 17	APRIL 21
	<p>SIU NIM TAO detailed study on this essential form with Master Sinclair. Open to all. National Hq 1pm -4pm</p>	<p>CHI GERK Sticky Legs skills training. Open to all students. Midlands Hq</p>	<p>CHAM KIU Wing Chun's second form contains the skills to apply Wing Chun. National Hq 1pm -4pm</p>	<p>KICKING The kicking skills of Wing Chun are under valued. learn to build you base here. National Hq 1pm -4pm</p>