

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



KICKING: A MUCH MISUNDERSTOOD SKILL.

The difficulties in applying kicks from close range are quite considerable.

Here James Sinclair discusses some fundamentals to help in your training.

Fail To
Prepare,
Then Be
Prepared To
Fail

As a young man taking to Wing Chun from a Karate background James Sinclair was very keen on kicking and flexibility training. He had gone through much time and effort in his training to achieve considerable skill and, being young, was able to achieve good flexibility of movement.

Being young also meant he had huge amounts of energy and enthusiasm which, combined with dedicated one mindedness, led to being able to hold his own with adults of far more experience.

So when he changed to training in Wing Chun he thought that the training he had done to date would hold me in good stead. He soon found how wrong that was.

Firstly, Wing Chun Kuen is not a sport and the idea of 'sparring' within the art was quite alien at this time. Wing Chun consisted of lots of drills, thousands of punches, rapid driving steps, and chi sau skills.

When James started to learn Wing Chun Kuen leg techniques he soon realised they had very little in common with his previous training.

Wing Chun Kuen is a close quarter art, resulting in greater opportunities for grabbing, pulling and pushing by either combatant. The range also makes it easier for kicks to be jammed or shut down. The kicks and knees are kept to the lower areas. This is not always to 'break the opponents leg, it is usually to offset the balance, termed Breaking the Stance'. However, the target areas on the opponent's legs are highly mobile, and easy to misjudge, compared to body and head kicks favoured in a lot of other Martial Arts. Arts like Muay Thai favour the low round kicks to the legs. As Wing Chun Kuen practitioners do not really have round kicks, favouring instead to kick with the heel, the chance of a 'hunt and hope' result is low.

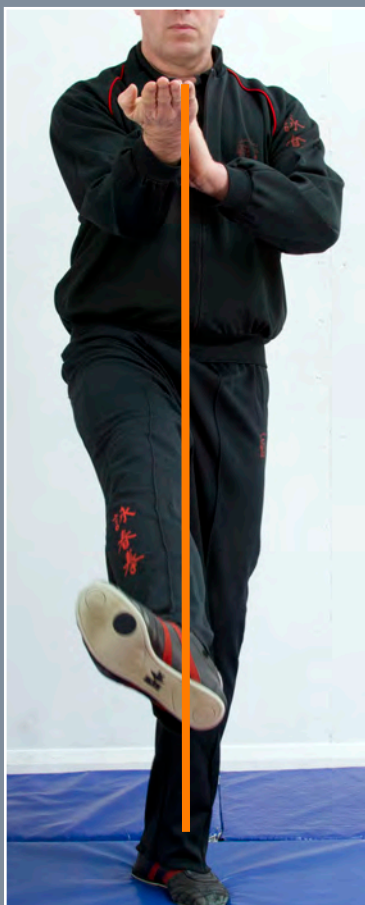
In leg skill acquisition Wing Chun Kuen practitioners spend hours developing their single legged balance, standing delivering air



James Sinclair

The Baart Cham Do are the most advanced form in the Wing Chun Kuen system. They introduce new footwork as well as adding to the formidable hand skills of this effective art.

CENTRE LINE



Chung Sum Sin

As can be seen from these two photos, the centre line relates to both the hand and leg techniques. The hand and leg techniques should offer some protection from simple counter attacks.

kicks and strengthening the hips. The balance becomes very strong, with an almost 'rooted' supporting leg. Wing Chun Kuen kicking techniques do not rely on the momentum of the leg, but more on correct alignment. The parallel to the hands is quite apparent. The power is directed through the support leg with favoured techniques like stop kicks, knee attacks, sweeps and stomps being applied to the areas below the waist.

The kicking techniques are kept low to stay faithful with the tenet of 'Economy of Motion'. Whilst high kicks can work, they are rarely required in close range. Wing Chun Kuen relies on simplicity and would not strike with hand techniques below the groin of a standing opponent, and do not often use the legs techniques above the waist. As the arms are attached nearer to the head they are used to deal with the opponents upper body. The legs, attached at the pelvis, are used to block and attack toward the lower levels. Wing Chun Kuen practitioners are simply concerned with the efficiency and logic in application. It is, quite simply, quicker and safer to use the legs low and hands high.

Due to the lack of high kicks, flexibility of the hamstrings is not as important as in other styles. However, hip mobility is most certainly

required, particularly for taller students as height is dictated by the length of the femur or 'long bone'. This long bone can limit the ability to kick comfortably at close range. Rotation of the leg at the the hip allows the knee to move away from the centre and facilitates the application of close range kicks. Wing Chun Kuen practitioners often have to to use opposite hand and leg at times in order that the arm and legs do not interfere with each other when kicking to the mid section. Examples are the cross stamp kick and facade kick

GOOD LEGS SKILLS ARE LIKE HAVING A THIRD ARM

All of the UKWCKFA students will be unhappily familiar with the stance training exercise of the slow adducting squat. This and the variation where one walks slowly are the mainstay stance and leg stabilisation routines. They should be conducted daily in the early days of training. Another of the traditional methods of training kicking ability was to attach the leg via a rope to trunk of bamboo and use it like a spring to train the muscles and balance.



Co-ordination
of hand and
legs

Leg training is generally harder than arm and shoulder workouts, as the heart has to work harder to return the blood to the lungs. When oxygen is limited, the body temporarily converts pyruvate into a substance called lactate, which allows glucose breakdown, and thus energy production, to continue. The working muscle cells can continue this type of anaerobic energy production at high rates for one to three minutes, during which time lactate can accumulate to high levels. The classic shaking legs is caused by lactic acid interfering with the normal nerve conductivity as the ion balance in the blood changes slightly. Wing Chun stance training builds the body's ability to handle higher levels of lactate and is, therefore, termed an anaerobic exercise.

Wing Chun Kuen has also developed a unique set of skills called Chi Gerk or 'Sticky Legs' in which two practitioners train extensively in close range kicking, counters and defensive moves. Master Sinclair has extended this method quite considerably by taking a more practical and holistic approach where practitioners do not spend too much time standing on one leg, but learn to offset their partner, kick, sweep and defend potential throws using angular movement and understanding the structure to ensure good

position. He has been working on a number of short video 'Webinars' which detail how to use the Chi Gerk training to your advantage.

When kicking, the foot shape and strength are of utmost importance. As the knee is only a hinge joint, the foot shape slightly moves the hip. This leads to better natural protection of the centre line if the foot is turned in, and allows the heel to trace the centre line when the foot is turned out and lifted in techniques such as Hey Gerk.

Train To Get Your Legs Back Down On The Ground Quickly.

As a note of caution. It is impressive when a person demonstrates high kicks and shows superior levels of flexibility. However, Wing Chun Kuen approaches the subject from a different perspective. In the photos on this page, it is evident how easily a kick can be 'accidentally' caught. Even if the receiver of the kicks breaks a finger, he will likely not realise for a while. Please remember that if you raise your leg above the waist or jump you will be generally slower in movement. As we cant fly, speed cannot be maintained in the air.....!



Clothing can be used to hold a person



OOPS!

Dangers Of Kicking

James Spalding & Damian Cathan

Whilst a lot of good kickers are adept at not allowing their leg get captured, some practitioners are not!

This is what happened to a friend of James Sinclair in a street confrontation. He later wanted to learn Wing Chun. James said his friend had proved he was "too stupid" and never taught him!

ATTACK TO DEFEND!



No Fear!

Damien Cathan jumps to perform Laap Sau. James Spalding follows the shadow and strikes accurately.

Damien demonstrates the potential power of a knee strike.



The Striking Hand IS The Defending Hand....

'Simplicity is the end of the Art and the beginning of Nature'. As with all of these sayings they are open to interpretation and the same words can inspire people in very different ways.

Bruce Lee stated "Before I learned the art, a punch was just a punch, and a kick, just a kick. After I learned the art, a punch was no longer a punch, a kick, no longer a kick.

Now that I *understand* the art, a punch is just a punch and a kick is just a kick."

When you are required to use your Wing Chun, it is not enough to 'know' what to do or be burdened with thought. You must simply react with skill completely unhindered and natural. When confronted by an aggressor you should not consider your defensive tactics, but rather be aggressive and positive.

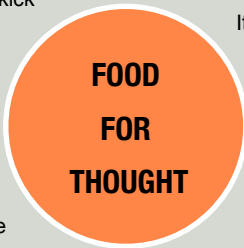
In warfare a pre-emptive strike is considered rational. Armed forces around the world have air to air intercepting missiles, but would rather take out the launchpad first.

If a person is allowed to throw strikes you may try one of three things:

- 'Bunker Up and Dig In' hoping you can survive the impact.
- Block the strikes on route
- Take out the aggressor preemptively.

It seems Martial Arts is mostly about the risky middle case of blocking strikes. Real fights have very few blocks. The most positive aggressor wins.

As the great runner Nouredine Morceli apparently said "When I race, my mind is full of doubts; who will finish second? Who will finish third?"



MASTERCLASS SEMINARS	JUNE POLE FORM	AUGUST SPARRING WEEKEND		SEPTEMBER WOODEN DUMMY
	<p>SUN 24th Pole Form and training. For those who enjoy the challenge of hard work and skill development.</p>	<p>SAT 17th Focusing on footwork, for balance, distance judgement and power.</p>	<p>SUN 18th Bridging, breaking, and a whole lot more. Builds on Saturdays skill set.</p>	<p>SUN 15th Wooden Dummy Form & Application.</p>

BOBBY BEACH



In memory of 'Bobby'.

Our tribute to Sifu Bobby Beach is to name the Instructor of the Year Trophy in his honour. It will be called 'The Bobby Beach Memorial Trophy'.

The first recipient will be his good friend and training partner Sifu Kevin Oldman

BOBBY BEACH SIFU:

In February 2013 the UKWCKFA learnt of the tragic passing of Sifu Brian 'Bobby' Beach. Bobby was an effervescent character, full of life and a very humorous man.

Bobby hailed from Lowestoft, but began his training in Colchester under the guidance of Master Sinclair. He and his great friend and training partner, Kevin Oldman, went on to become amongst the most senior and respected Wing Chun Kuen students in the Assoc.

Master Sinclair can still recall teaching Bobby and Kevin and remembers their tireless energy and enthusiasm. They travelled from Lowestoft to wherever they could to learn more from Master Sinclair. They were an integral part of the demonstration team and never complained that a session was too hard. To this day Bobby remains one of only 4 people in the history of the UK Wing Chun Kung Fu Assoc. to have passed the Muk Yahn Jong grading.

Bobby was a much loved teacher and taught a very popular kids class where he inspired many young people to believe in themselves. It only seems fitting that we allow some of those students to make their own feeling known. But first his close friend and Kung Fu Brother.....

Kevin Oldman Sifu writes:

Where do I start ? How can I write a eulogy for my best friend, that I have known for so long?

We first met around 27 years ago at a local Chinese Kempo Kung Fu club in Lowestoft. I had been at the club a few years and Bobby joined thereafter. We, along with others soon realised there were better styles out there which were more recognised. We searched for a 'no nonsense' style that appealed to us both. We thought Muay Thai or Wing Chun were what we were looking for but there were no clubs around with 'legitimate' instructors. So we joined a local Taekwondo club (WTF) for a while before I saw an article featuring Sifu James Sinclair on the cover of Martial Arts Illustrated.

I remember contacting him and expressing my interest and being informed that the next course nearest to me was Colchester in Essex. Well that was about an hour and 30 mins away down the A12 and on a Sunday morning at 10.00 am start !

But this was what I wanted. I had read articles and books on Wing Chun and had even roped my younger brother into trying to learn 'lok-sau' from a book !

Anyway, Bobby heard I was starting and asked if he could come too, so he completed the application form and we started that very first lesson on Sunday the 19th March 1989.

From that moment on our friendship grew, through the hours and hours of practice we put into our training through our love of the style. We trained very hard for hours every day for years to come. I remember we took our 1st & 2nd grading one evening in Chelmsford in January 1990 (31st I think ?). Boy that was hard. You try taking a grading after travelling in a car for almost 2 hours !

Somehow we passed ! – nothing special from what I recall but we passed. Well, then our training got harder. I remember us, each doing a thousand centre line punches on Bobby's mum's driveway without dropping our arms. Not bad you might think, but we had wrist weights on! Boy we trained hard. We had even worn the concrete floor in Bobby's mum's garage through the continuous repetition of combinations.

We opened up a branch in Lowestoft in March 1990, with Norwich opening in October 1990. This required a different challenge, to pass on our love of such a fantastic 'interest' we had in an incredibly fascinating and thought provoking style. We opened further clubs in the years to follow including: Ipswich, Bury St Edmunds, Great Yarmouth, Cambridge & Beccles.

Gradually we started to reap the rewards of our diligent training 6, sometimes 7 days a week. We set our sights on the 3rd test – we trained every day for hours on end for around 12 weeks (we were both unemployed / students at the time, which was fortunate). We would see a move in a lesson, or 'stumble across' one during training and try to incorporate it with the hand & leg combinations. We would drill and drill and drill the move until we either liked it or dumped it.

You Will
NOT
Be Forgotten



We would video record most of the training sessions to study the moves and our progression. We boarded out Bobby's garage walls with hardboard, and even had a mirror fitted on top of one of them, allowing us to fight against the walls and mirror. It was fantastic learning to fight with your back to the wall. You couldn't run or hide! You had to rely on your knowledge and the principles you believed in – economy of motion / centre line / simultaneous attack & defence, and put them to use whilst trying to look artistic and showing Wing Chun.

Lok-Sau, became such a pleasure. It's basically an isolated short sequence of moves which are mirrored between the 2 Wing Chun students, with variables being restricted. The speed and control attained through repeating the attacking Laap-Sau and strike, followed by the defensive phase of Bong-Sau & rear guard with multiple options of subsequent techniques gave you a sense of awe.

We took our 3rd test grading in late 1992 and sailed through with great scores, which reflected the hours of diligent training we undertook. Next was the 4th test! Again we were fortunate to have the time to dedicate to our training and even shaved our heads for the October test in 1993. To be fair, neither of us looked that great with a no. 2 shaved head, but this we thought was appropriate for that level grading, as one's hair couldn't be pulled and also when in a clinch, the stubble on the head could be rubbed in the opponents face. That's what should be done we thought, so we did it.

Again we were successful in the grading and were rewarded with good passes through our hard work. Looking back you could say we felt

proud of our achievements and what you might say is how we showcased Sifu's approach to Wing Chun and tried to set a bench mark for students to aim for and supersede. Although our gradings were far from perfect, they weren't bad considering the circumstances. Since those gradings, some 20 to 21 years ago I don't think many students have attempted let alone pass the 3rd or 4th tests, which is a testament to our hard work back in the early 90's.

In 1994 mine and Bobby's lives changed forever. My father passed away after a short illness and Bobby became a father. Circumstances had changed and we had to change our training and teaching. However Bobby and I trained hard towards the 5th Wooden Dummy test. Only Sifu Mark Phillips and Sifu Eric Wilson, whom we revered when we started way back in 1989 as the top instructors of the association, had passed. Both of which were of great character and were mentors in our studies of Wing Chun, with whom Bobby and I had the utmost respect for, and still do.

However approaching the grading I sustained an injury and had to pull out. Bobby faced Sifu all alone! How daunting! But he was successful in front of his students, thus becoming only the 3rd person in the association to pass the Wooden Dummy grading. I later went on to pass the dummy test, and Bobby would rib me relentlessly saying he scored higher than me!

We were only talking in January this year (2013) about completing the art. However it was not meant to be.

Bobby taught hundreds of students through the years and loved to pass on his knowledge to others. His enthusiasm to teach was infectious and Bobby started a children's class in Lowestoft.

Bobby and I started working together in 1999 for a national company. However In 2000 Bobby had an opportunity to work abroad, which he did for approx. 1 year. He came back in January 2002 and we once again worked together and did so as business partners through to his passing in February 2013.

Bobby had the same approach to work as he did his Wing Chun – hard work! I cannot remember either of us taking a day off work 'sick'. We would often work weekends and frequently did paperwork in the evenings. We would speak almost every day.

More recently Bobby had channelled his efforts into managing the Hearts of Oak football team on Saturdays where he was very successful. He went on to win the 2004 Suffolk Junior Cup at Ipswich Town Football Stadium, namely Portman Road, which surpassed the numerous league titles etc. he won.

Although Bobby had been successful in Wing Chun and football I think his greatest achievements, however, were his 2 daughters. Abigail & Aliya. He was so proud of them both. He spoke with great affection and love for the 2 girls in his life, more so than anything else. My heart goes out to them both.

Bobby gave 100 % to all he did. He would do anything for his family and friends, literally



anything. He touched the lives of so many people during his 42 years.

When I think of him these next few words come to mind – perhaps they will remind you too of him and put a smile on your face –

Kentucky, Jaffa Cakes, Chocolate, more Kentucky!, Blind as a bat!, Jewellery, designer clothes, a mirror, tweezers, Las Vegas, wind surfing, snow boarding, sun-beds, lads holidays, nights out, Boney M and a bottle of wine, rollerskating, swimming, FIFA, COD, squinty eyes or cheeky smile. Caring, loving, Bossy! laughing, shouting, Happy or Grumpy – there was no In between.

For me, I am going to remember the good times, the happy times, for every day the sadness and pain return my memories along with support from others will help me come to terms with the loss. I will dig out all my videos of our training and try to get them on Youtube for all to see. Hopefully they will inspire some people out there to start a journey which we undertook, and reap the same rewards.

Life to me is about making new memories and reliving the old ones. Well now we can only relive the old ones, by reminiscing with others or through photos and videos. But for some of us Bobby has given us those treasured memories, which help make us who we are. You may be gone in body & soul, but you will always be in our hearts mate.

Thank you for the good times mate, the memories will stay forever. Perhaps not quite a legacy but you will always be out there in the 'cloud', available to see through the footage on the net.

So I will finish off with what my little daughter said to me, quite simply

'I will miss Bobby'

Andrew McCloud from Lowestoft writes:

Bobby wasn't just my Sifu, he was also a friend, a mentor, a role model and probably the biggest influence in my life (other than my parents) that shaped me into the person that I am today.

When I first joined the wing chun class that Bobby ran, I was 10 years old, had recently moved to a new town where I had no friends and spent much of my time on my own. I wasn't confident or outgoing but Bob changed that virtually overnight.

The class that Bobby ran was fairly unique for wing chun at the time. As well as the adults classes he had adapted the way he taught, so that children were able to train in the style and I was very proud to work my way right through the children's class and become one of the first children in the country to pass adult gradings at prelim and siu nim tao levels.

It was his manner, attitude and larger than life persona made every lesson amazing. He had a knack of pushing you to be better, quicker, stronger and yet it was always fun.

Through training with Bob and through my friendship with him he gave me confidence, taught me respect and made me realise that if I worked hard and applied myself I was capable of anything!!

I can honestly say that I would not be the person that I am, if it wasn't for Bobby Beach. I will always remember him for all the things he did for me and his positive upbeat attitude.



Jackie Lane from Lowestoft writes:

It was with extreme sadness that we heard of the death of Sifu Bobby Beach. I together with my husband and eldest son trained with Bobby a number of years ago. He was the best teacher one could hope for and he guided me through my first and second tests with immeasurable patience. He was always very gracious and humble blaming his teaching technique rather than my inadequacies when I struggled to grasp what he was showing me.

There were occasions when I was unable to make his classes, and so that I wouldn't miss out, he generously found the time to come to our house to give me one to one tuition.

I will always be grateful for what he taught me and the confidence he gave me and am so very glad Master Sinclair is to dedicate an Instructors award in his memory.

R.I.P Sifu Beach you are sadly missed.

Jackie Lane



Poppy Young, from the London Wing Chun Academy, was a student Bobby's Lowestoft Kids Class. Her love of Wing Chun took her to Hong Kong & China in 2011 with Sifu Phillips team.



UK WING CHUN ASSOCIATION DVD'S

The UKWCKFA has produced a number of DVD's all very competitively priced.

Pure & Simple was the first video released in 1999 and features Master James Sinclair teaching the most fundamental skills of the art. It has proved very popular worldwide, and remains in demand. You can buy the DVD through your Sifu or it is now available as a download at: www.WingChunVideos.com

The simply titled **Wallbag Training** DVD was released in 2004. It has gone on to become a great seller worldwide, being purchased by nearly every teacher in the Wing Chun community. The DVD has a large review here at: <http://wingchungeeks.com/sinclair-wing-chun-dvd/> You can buy the DVD through your Sifu or it is now available as a download at: www.WingChunVideos.com

The last two DVD's are basically recordings of the Assoc's. 21st and 25th Anniverary. Full of demonstrations and seminars they are a great resource. The 21st is still free to new members. 25th is only £10. You can buy the DVD's through your Sifu or they are now available as a download at: www.WingChunVideos.com

YOUR STORY

We welcome your comments and would like to hear from you. If you would like to add your own contribution, ask a question or make a suggestion we will give due consideration.

We look forward to hearing from you.



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