

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



THE QUEST FOR EXPLOSIVE POWER?

Close Quarter Fighting requires different attributes...

Here Sifu Mark Solomons discusses some fundamentals to help in your training.



Explosive power comes from your muscles and is dependent on how they are used. Muscles are made up of tiny fibres and it is these that hold the key.

There are two types of muscle fibre, slow twitch (Type 1) and fast twitch (type 2). Type 1 fibres contract slowly but keep going for a long time. They use oxygen and glycogen as fuel. Because they use oxygen, they are aerobic in nature. Type 2 fibres contract quickly but rapidly get tired. They use Adenosine Triphosphate (ATP)

and glycogen as fuel and are anaerobic in nature.

Human muscles contain a genetically determined mixture of both slow twitch and fast twitch muscle fibres: about 50:50 in most of the muscles used for movement.

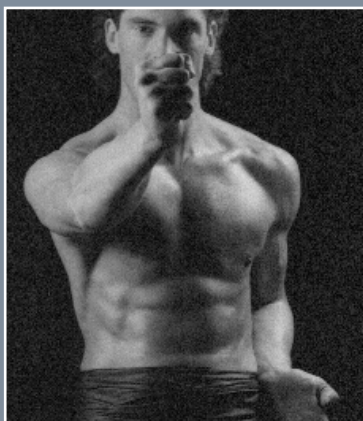
For explosive power, contraction, we need to look at the Type 2 fibres. These are split into Type 2a and Type 2b. Each of these is genetically determined at birth so you have what you've been dealt.

Sifu Mark Solomons

Mark has been training in Wing Chun since the early 1980's. He is a dedicated and proficient teacher and practitioner. He is a qualified Fitness and Nutrition coach.



CLASSICS



Explosive Power

Close range self defence relies on fast movement to gain power over short distances. James Sinclair was very adept at this aspect of training.



You cannot change the amount of Type 2b fibres but, the good news is that Type 2a fibres are intermediate, as far as that depending on training stimulus they can be either fast or slow twitch.

So how do you recruit the Type 2a fibres? To train for fast twitch adaptation you need to carry out strength, power and speed dominant activities.

Plyometric training can help. Exercises such as jump squats, speed squats and press-ups, where you hands leave the floor, are just some examples. I'm sure YouTube has lots more.

If you are training with weights then use a heavy weight that allow you to carry out 4-5 repetitions for 3-4 sets. Concentrate on the explosive part of the movement – move quickly.

Let the weight come down fairly quickly but still under control. Personally, I would stick with compound exercises, ones that use more than one joint. Look to train chest, back, shoulders and legs.

You could also incorporate sprint runs into your schedule. Pace out 60+ meters, sprint as fast as you can to your marker and walk back to the start. Repeat 10 times.

Let's not forget Sui Nim Tao. The second part and beyond trains the release of power. Work on relaxing your muscles through the movement, and contract sharply at the end.

To fuel your workout and training you will need a combination of carbohydrate, protein and fat.



Your body will turn carbohydrates in to glycogen that is stored in your muscles. Glycogen is also required for the formation of ATP.

Ensure you are consuming adequate protein. If you are regularly training, aim to consume 1.5g to 2g of Protein per Kg of bodyweight. Any more than 2g per Kg will not provide any further benefit, you will just end up with expensive urine!

Fat is important, not only is it used for energy but also it is required for the absorption of fat soluble vitamins A, D and E. Look to keep intake of saturated fat at a low level and try to avoid hydrogenated fat/trans fat if at all possible.

If you make a plan around these guidelines, you will see and feel an improvement in

your explosive power in around 6 weeks.

Mark Solomons Sifu

Sifu Mark operates three branches within the UKWCKFA, namely Colchester, Chelmsford and Harlow.

Sifu Mark teaches the Tuesday evening children's class at the HQ. He was the first recipient of the 'Instructor of the Year' trophy.

Sifu Mark Solomons is a qualified sport and nutrition advisor and is available for consultation by appointment.

Mark is a full time wing Chun teacher available for private Wing Chun Kuen lessons at the National Hq in Rayleigh, Essex, by appointment.

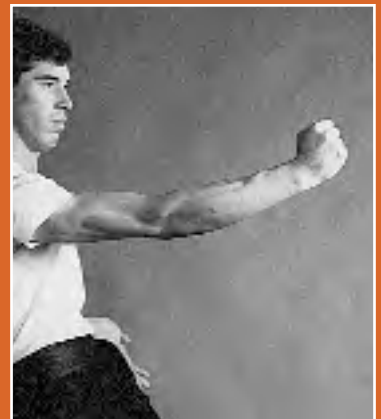
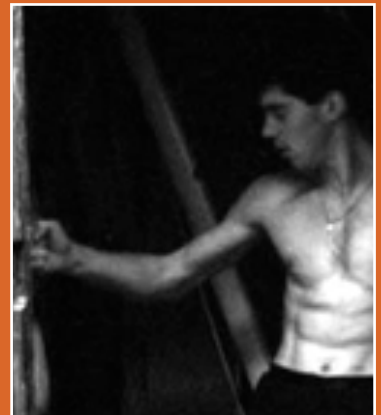
Contact Sifu Mark on 07791 167011



Sifu Eric
Wilson

Power and Control
A great exponent of
explosive power.

WALLBAG



Wallbag Training

Use of the Wing Chun Sau Bau or wallbag is an ideal way to focus your explosive power. By having a fixed target one can be very selective on the training methods adopted. Particularly good for wrist and forearm.





FROM HEAD TO TOE

Wing Chun Kuen utilises every part of the body to fight back.

Richard Mudie illustrates the use of the single knuckle and low palm strike.

Thanks to Russell Webster and Giuseppe Melella.



DEADLY WEAPONS OR JUST TOOLS OF THE TRADE? USE THEM JUSTLY...

Wing Chun Kuen is a Southern Chinese Boxing system, typified by a dominant focus on hand techniques and close, rapid flurries of movement, rather than singular powerful concussive blows commonly used in other martial arts. The term 'Chinese Boxing' possibly came from Westerners who first witnessed the systems and called upon their own frame of reference to describe what they saw. Until the Marquis Of Queensbury endorsed a set of rules



'boxing' had been a part of human confrontation for centuries and had been very brutal.

The 'Western Boxing' code was written by John Graham Chambers, a Welshman, and drafted in London in 1865, before being published in 1867 as "the Queensberry rules for the sport of boxing".

This version persuaded boxers that *"you must not fight simply to win; no holds barred is not the way; you must win by the rules"*.

MASTERCLASS SEMINARS	MARCH 2014	APRIL 2014	MAY 2014	JUNE 2014
	<p>GRANDMASTER WAN KAM LEUNG Visiting us from Hong Kong is one of the most respected Masters of Practical Wing Chun. 26th 10am</p>	<p>POLE FORM The shortest but by no means least profound skill set in Wing Chun Kuen.</p>	<p>KICKING SKILLS The 8 Kicks of the art are often misunderstood. Learnt to supercharge your footwork too....</p>	<p>SPARRING SKILL The training of sparring is a skill in itself. Dealing with timing, speed, and elusiveness.</p>

DISQUALIFIED!



Mandy Keng



Tony Jaywant Sifu



Paul Spencer Sifu

AND YOU'RE OUT...

Our most common strikes are rightly illegal in sport.



RULES

- To be a fair stand-up boxing match in a 24-foot ring, or as near that size as practicable.
- No wrestling or hugging allowed.
- The rounds to be of three minutes' duration, and one minute's time between rounds.
- If either man falls through weakness or otherwise, he must get up unassisted, 10 seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the 10 seconds allowed, it shall be in the power of the referee to give his award in favour of the other man.
- A man hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.
- No seconds or any other person to be allowed in the ring during the rounds.
- Should the contest be stopped by any unavoidable interference, the referee to name the time and place as soon as possible for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.
- The gloves to be fair-sized boxing gloves of the best quality and new.
- Should a glove burst, or come off, it must be replaced to the referee's satisfaction.
- A man on one knee is considered down and if struck is entitled to the stakes.
- That no shoes or boots with spikes or sprigs be allowed.
- The contest in all other respects to be governed by revised London Prize Ring Rules.

Boxers are prohibited from hitting below the belt, holding, tripping, pushing, biting, spitting on or wrestling their opponent.

The boxer's shorts are raised so the opponent is not allowed to strike the groin area.

They also are prohibited from kicking, head-butting, or hitting with any part of the arm other than the knuckles of a closed fist (including hitting with the elbow, shoulder or

forearm, as well as with open gloves, the wrist, the inside, back or side of the hand).

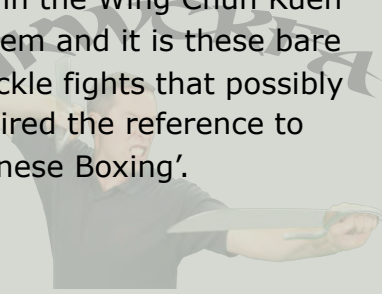
They are prohibited as well from hitting the back, the back of the neck or head (commonly called a "rabbit-punch") or the kidneys.

They are prohibited from holding the ropes for support when punching, holding an opponent while punching, or ducking below the belt of their opponent (dropping below the waist of your opponent, no matter the distance between).

If a "clinch" – a defensive move in which a boxer wraps his or her opponents arms and holds on to create a pause – is broken by the referee, each fighter must take a full step back before punching again (alternatively, the referee may direct the fighters to "punch out" of the clinch).

When a boxer is knocked down, the other boxer must immediately cease fighting and move to the furthest neutral corner of the ring until the referee has either ruled a knockout or called for the fight to continue.

Reading the rules above, sourced from Wikipedia, you become acutely aware that Wing Chun Kuen training, would result in breaking every rule that has been drawn up in Western Boxing. However, Romany Gypsies and unlicensed boxing is full of the many and varied techniques within the Wing Chun Kuen system and it is these bare knuckle fights that possibly inspired the reference to 'Chinese Boxing'.



Wing Chun in India

What Keeps YOU training?

By Sifu Nick Martin

The most constant comment I hear from students regarding training away from class is unfortunately the very reason why those same students don't progress as fast as they might like.

In answer to my questions of "did you practice your sui lim tao this wk?"

or

"Did you find time to practice your punches?"

The response I get most commonly is;

No Sifu, I was going to but I didn't want to train it wrong.

Is this just an excuse thought up on the spot for not practicing and getting found out? or is at a genuine belief that students feel that they will actually become worse off

by spending time training something that they are not 100% sure of.

If it is the first answer then as instructors we cannot help as, students cannot expect to progress at any significant rate unless they are willing to set aside even a small amount of time per week for self practice.

But if (as I believe) students are genuinely put off from practicing at home due to worry that will somehow become less proficient if not constantly guided, it demonstrates a lack of understanding of what is expected if he or she wants to see improvement and progress through the art.

This fact was thrown into the spotlight when I recently travelled to India to teach a seminar for



INSPIRATION



3 Sifu's who lead the way

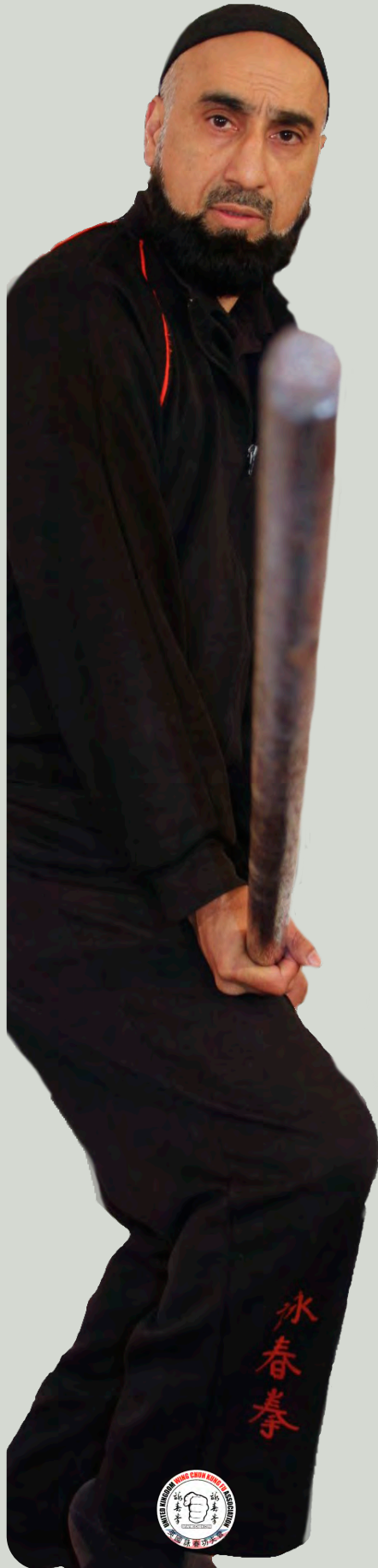
Sifu Abid has inspired many students over the years.

Sifu Nick Martin is an inspiration to many UKWCKFA students.

Sifu Zubbair Khan has decided to become a full time professional teacher within the UKWCKFA



MASTER ABID



members of the UKWCKFA in the city of Chennai.

This group has been training diligently for around 18 months and run a good sized class of enthusiastic and well motivated students. This is not overly special until you realise that the instructor of the class and the senior students who assist him only had 4 months guided training from a UKWCKFA instructor (Instructor Riaz Ahmed from our Birmingham kwoon).

So, how did these students find the motivation to keep training while so far away from a regular guidance and instruction? What would have happened to the class if they took the "I was going to train but was frightened to do it wrong" approach?

Quite simply the class would have died out within a couple of months if not weeks.

What made this group not only keep on training themselves but also have the drive to inspire others to take up the art?

It would be easy to answer this question by thinking that they are a special and extremely talented group

of people. (Although I do consent that after having the pleasure of meeting them that they are all passionate about their training)

But real answer is that they were simply prepared to keep working on the skills and techniques that they had already been shown and were not constantly looking for more and more information.

If students are constantly bombarded by new, advanced techniques and ideas they simply never get the time to make even the most basic skills their own. This keeps people happy in the short term as there is always something exciting and interesting to do in a class. However, although this sounds like good thing it is actually the antithesis of a students progress as they never have a grounding to build these techniques onto, eventually becoming disillusioned and quitting when unable to apply any of their training.

This is a warning a much to instructors as well as students in how to approach your long term training goals.





I was hugely impressed with how much value the students in India placed on my teaching, they were hungry, not for the higher elements of the art but for the answers to problems and questions that had arisen in their own training. This is the secret that most students fail to understand. If you put the practice in and train hard in a particular area it doesn't matter that you might have

inadvertently not understood one or two aspects but by simply training and trying things out for yourself you will find where the mistakes are arising. It is then the job of your Sifu to help you correct them but by doing most of the work yourself he can pinpoint exactly where you are going wrong and his input becomes far more valuable to you as you have achieved a level of experience that allows you put his words straight into action.

If you do not train for fear of being wrong your sifu has nothing to work with and his teaching simply becomes words in the wind, interesting but easily forgotten and barely understood.

It was a combination of the facts that the Students in India had such a limited syllabus of techniques but a great love of training that meant their standard and motivation was so high. Of course there were mistakes in part of what they were doing, this is to be expected,

But as they had trained so hard they were ready for my corrections. Like the last piece that completes a particularly hard jig saw puzzle they did not resent my challenging what they were doing but simply needed the last push in order to apply their skills.

Sifu Nick Martin teaches in East and south East London. He also conducts private lessons in London and the Essex Hq by appointment. To contact Nick please call 07830 136501 or email nick@ukwingchun.com

New Product Available NOW

James Sinclair visited the Midlands Hq to conduct a seminar on Double Chi Sau. Master Abid Mahmood managed to capture a good portion of the material on video. This has been compiled onto a DVD. At just over an hour, and divided into 18 distinctive chapters, it covers a lot of good information. Some students have already said it was worth the purchase for the introduction alone. At only £10 plus p&p it is fantastic value and something that you will wish to review time and time again.



Our new website is coming along slowly. If you are a current member you will soon be able to log on and get access to great webinars and access all of our newsletters etc.



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