

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



FITNESS: FIGHTING FIT

Physical training can be hard, how do you keep motivated?

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

Wing Chun Kuen is a respected martial art and has Bruce Lee as one of its more notable historical practitioners. Many people who take up Wing Chun training expect, hope or dream of achieving the level of muscle conditioning and skill that Bruce Lee represented.

What makes this so strange is that they are also fed the idea that Wing Chun Kuen is simple, effective for women, people of a smaller frame, and relies on skill to overcome an aggressor, not strength. This could possibly be construed that Wing Chun Kuen does not require as much physical conditioning as many other approaches within martial arts.

So how in 2014, when fitness and body image are force fed to the general public every day, can one reconcile two such divergent ideas?

Like most of the teachings of the UKWCKFA the truth lays somewhere in the middle. Strength and skill are equally important. When you are inexperienced, skill

will inevitably be lacking and then what other assets would you rely upon to help? If you are not fit enough to run from danger, it is unlikely you are fit enough to fight your way out.

The human body reacts in three distinct manners to the threat of danger, whether real or perceived.

The first is to 'freeze', this may be a very brief moment, where the body hopes not to be seen or is a chance to assess the situation.

The second is try to get away, this is the well known 'Flight Response'.

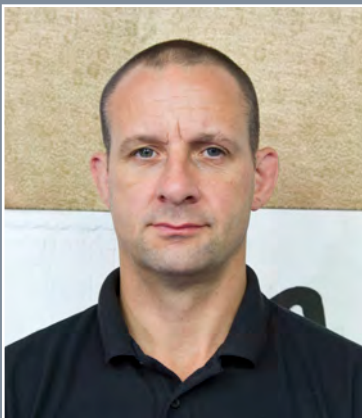
The last response in our survival mechanism is to stand and fight. This is simply because in nature, there would be a good few predators who would not be considered a first or second choice to fight!

If you observe people when watching a lion in a circus or at the zoo, they keep quite still. If the lion escaped people would freeze in



James Sinclair
Founder and Chief Instructor
since 1985.

PUSH UPS



Ashley Phillips Sifu

As one of the most consistent trainers, Ashley leads by example. He is approachable, skilful and humble. His steadfast approach has helped him to a good standard in Brazilian Jiu Jitsu too.

horror, then scatter, hoping someone else is 'lunch'. Individuals would only fight when there was absolutely no choice. Human bullies, are also predators, picking on victims they feel will put up the least resistance. We are psychologically programmed to want to avoid and escape, not fight. Therefore, the fitness to attempt an escape is very important.

All good martial artists have a reasonable level of fitness, flexibility and strength. Physical activity is well accepted as good for the individual. And even sports people in what may be considered relatively sedentary activities find that improved fitness helps them to excel in their chosen discipline.

The reason is that the concentration, reflexes, stamina and recovery rate are all improved with consistent regular training of any type.

In this article, Ashley Phillips of the National HQ has taken the time to demonstrate the simple Push Up and the many varieties we use in UKWCKFA warm ups.

Wing Chun Kuen has a great variety of different strikes in its arsenal. This requires a dynamic and flexible approach to ensure that the training remains relevant and functional.

Sifu Mark Phillips has instigated a progressive system within his London Wing Chun Academy and has called it Gym Lab, Strike Lab.

In the first three photos on the left, you can see functional push up hand positions that are very useful to the Wing Chun student.

Photo 1: has the hands inferior to the shoulders and close to the body. With the fingers pointing toward the toes, this builds power in the low palm strikes and two handed pushing techniques such as Po Pai Jeung.

Photo 2: is a classic martial art exercise, with the weight through the fingertips. This exercise does build a little hand strength, but it also requires that the practitioner make a larger move to touch the chest and extend the arms.

Photo 3: this is the 'foundation' press up position for Wing Chun training. The fingers point forward and the palms are under the shoulders. The elbows are kept close to the body in order that the forearms are brushed by the body as it is raised and lowered.

Below are the press ups most student's find a lot more difficult. They are all close grip and require more tricep strength. The top photo Ashley has his fingers interlaced. The



second photo demonstrates the lower position for all close grip push ups, with the hands directly under the solar plexus. In the last photo Ashley demonstrates the close grip fist push up.

When performing push ups remember not to allow your body to sag. Even when reducing the stress by performing push ups on your knees, or with wide legs, ensure that your hips and thighs do not touch the floor. In all push ups, ensure that your abdominal muscles are firm. Do this by pulling your navel in and slightly up.

The Push Ups developed by James Sinclair may look strange at times, but they are used for specific functional strength. The cross grip (top right) build power in the bong and over hand palm strike

Explosive power is incredibly important in Wing Chun Kuen. Due to the close range, one could feel cramped or be 'jammed' easily. It is ridiculous to say the Wing Chun striking remains relaxed and give the impression that mastery of short distance power is not achieved as a result of many hours of practice and tremendous physical effort.

In order to 'throw' a powerful or fast strike, requires huge muscle power to accelerate the technique. Simple Junior School physics will inform you that to overcome inertia takes force. The more explosive the force the greater the potential speed. This explosive force is simply muscle contraction.

HIT HARD, OR BE HIT BACK HARDER...

In the bottom right triptych Ashley demonstrates the old school Push Up with a clap. Don't land straight armed, ensure you absorb the impact and 'spring' to the next repetition. In gymnastic schools Master Sinclair has witnessed the athletes perform three claps before touching the ground, and also comfortably clap their hand behind their own backs.

In the bottom triptych Ashley demonstrates a variation. Here you start low (with whatever with grip you can manage to begin with) and Push Up fast and High landing on extended locked arms, on your fists! It is not as a fluid as the previous sequence, but offers variety and builds grip strength and the



Courage Is Facing Your Fears
Stupidity Is Fearing Nothing

FUNCTIONAL



FF is not just our 'Fighting Fit' mantra, but also 'Functional Fitness'.

Any fitness training is better than nothing. However, if you wish to improve in a particular activity then try to be a little more Sport Specific or Functional in your approach.



The Door To Success is Marked PUSH...

ability to withstand impact on the fists, particularly if you practice on a solid floor.

Wing Chun Kuen is no different to any other activity in which you wish to succeed. The majority of people who succeed keep pushing and are not easily dissuaded from their goal. Some people don't even see there being an end, preferring to enjoy the journey and keep it going.

Wing Chun Kuen also requires tenacity and the ability to deal with pain and disappointment. No journey is always smooth and unhindered. Some of you may look at Ashley performing his thumb press ups and feel you can't achieve it. Well, you are right if you maintain that mindset.

In the right triptych Ashley demonstrates some of the stabilisation Push Ups and core building exercises. In Wing Chun Kuen the waist is essential in the application of even or most basic techniques. If you were to observe the rotation of Cham Kiu and Bui Tze you would be under no doubt concerning the the importance of torque and core stabilisation.

In photo 1 Ashley bring his knee to his arm whilst lowering close to the floor. A more advanced variation has the leg them extended to the side off the floor at hip level. You place the leg backs before pushing up.

In Photo 2 Ashley brings his opposite leg through as he pushes up and rotates the upper body. The next push would simply be to the other side.

**IF YOU THINK
YOU CAN OR THINK
YOU CAN'T,
EITHER WAY YOU
ARE RIGHT**

MASTERCLASS SEMINARS

all at the Essex Hq from 1-3pm (£50)

SEPTEMBER

POLE FORM

OCTOBER

CHI SAU

NOVEMBER

GWORR SAU

DECEMBER

WOODEN DUMMY



SUN 21st
Pole Form and training. For those who enjoy the challenge of hard work and skill development.

SUN 19th
For all those who wish to move their Wing Chun skills forward. Open to all

SUN 16th
Wing Chun sparring is the speciality of Master James Sinclair. Develop greater ability.

SUN 14th
Wooden Dummy Form & Application.

Finish 2014 on a high with this great seminar.

ASHLEY PHILLIPS



In Photo 3 Ashley has a wide grip and moves across to one side, then back up. You can also move to one side, travel across the floor and come up to other side. Then reverse the direction.

In the top left three photos on this page are what we call a short body press. This exercise is great at isolating the pressure into the triceps. Ensure to press through the heels of the palms and do not favour one arm, push equally so there is no rocking, just a solid lift and lower, like a plank! Keep the abs firm and do not touch the thighs or hips to the floor.

Vary your training, keep it fresh for the long road ahead.

In the top right three photographs Ashley demonstrates the long body press. The arms are placed superior to the head. When lowering, the hands are beyond the head. This requires considerable core strength. A simple variation on this exercise is to have the arms at 90 degrees to the body (crucifix like) and very nearly extended. Raise and lower the body with control. Don't just collapse.



Individual training is important as most of time you may not have a partner. However, in class you have the opportunity to use other students to work on your basic strength routines. The lower left photos are quite simple to follow. The Upper student must keep their body straight to maintain consistent pressure. If you are too heavy for your partner you could try with the legs wide to relieve the weight a little. The person underneath can also do this exercise on their knees to begin with.



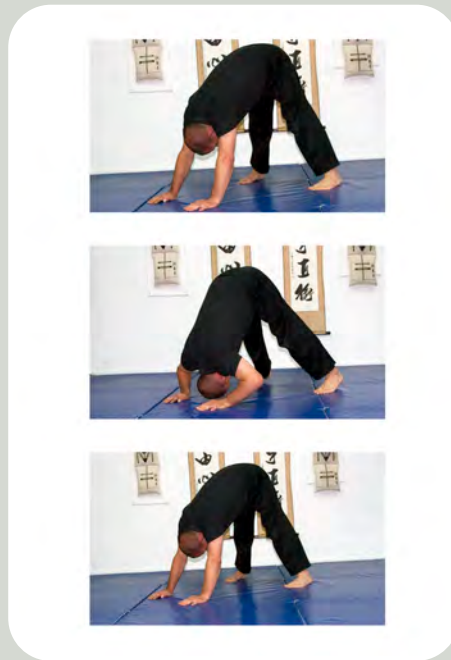
Body Press

These Push Ups are notoriously difficult for most students at first. We suggest you start with your knees on the floor.

You both benefit when you train WITH each other

Many of you will be familiar with the v up. This is performed for the shoulder strength that is brought into action in the exercise. Ensure you touch the top of the head and not the nose to the floor.

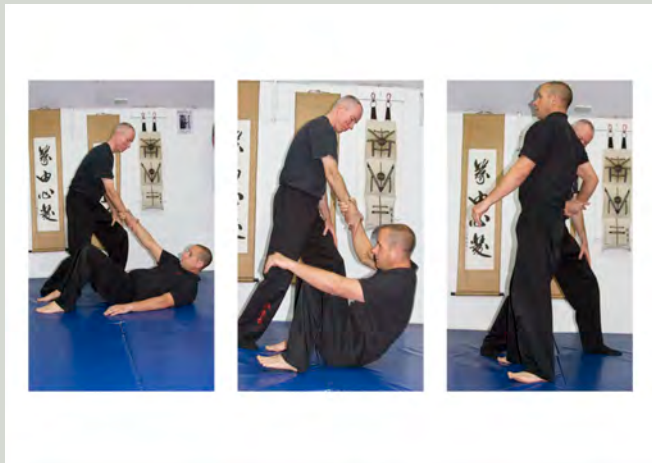
Building up this movement we then goes into the handstand or wall supported Push Up. This can be performed at various angles and is a great exercise for the shoulders and triceps. At the HQ we do not mind you messing up the wall with footmarks, it is a gym for training in! However, in some of our schools this may not be appropriate, in which case if you have a partner, they can support you at various angles.



The Split Push Up

This is one of the best functional push up for Wing Chun Kuen students. The hands are split, one at the hip and one at shoulder level or higher. The body is kept in a straight line otherwise the angle gets reduced between the hands.





Finally, just for fun, here is a great partner exercise that will work your pulling strength for techniques like Laap Sau. You secure a good grip and pull your self to your feet. Your partner only helps if you get 'stuck'. We hope you enjoy this overview of basic training exercises. Incorporate them into your own routines and above all remember that exercise is only one aspect of a good training approach. The most important part is skill acquisition with your classmates.



If you are in Birmingham or wish to experience the dynamic teaching of Master Abid Mahmood and Sifu Zubbiar Khan they shall be teaching at the Wing Chun Gathering on Saturday September 13th, alongside many other well known Wing Chun teachers.

Master Wong
 Sifu Abid Mahmood
 Grand Master Samuel Kwok
 Sifu Garry Mckenzie
 Sifu Duane Harper
 Sifu Shaun Rawcliffe
 Sifu Clive Potter
 Sifu Mick Watson
 Sifu Ade Rhodes

Please Book your tickets Via Paypal online using the 'Box Office' links below. Please book online to Guarantee Your Place...

[booking-details/4578534524](https://www.paypal.com/uk/web/webform/booking-details/4578534524)

All proceeds go to the charity Cancer Research



It was only in March of this year that Master Mark Phillips taught at the Wing Chun Gathering to great praise. With his high level skills in Wing Chun and Brazilian Jiu Jitsu he could offer an alternative view to the many questions posed on the day.

 Thank you to those students who so kindly purchased the Chi Sau DVD and gave such kind feedback. It has proved popular with instructors of other Associations, the compliment being that we teach and do not spend the time promoting ourselves or simply trying to show off.

If you are a student who is about to take the Siu Nim Tao grading and move forward to the Chi Sau classes, this DVD is an invaluable tool. Also for those who have been training for years, you will find many 'little gems' which will help you bring your understanding together and help you make that next leap forward. Many points are often overlooked in your earlier training as there was no point of reference for them to register. But with experience and looking back, you will glean a greater insight and understanding, helping you to appreciate HOW to move forward.

James Sinclair will be conducting various seminars at the National Hq in Rayleigh Essex. Remember if you would like a seminar at your own school with the UK Wing Chun Assoc. founder and Chief Instructor you need to invite him first!



