

# 英國詠春功夫會

## UK WING CHUN KUNG FU ASSOC



## OPEN OR GUARDED: THE LINKS

### Guard placement, and Bridging.

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

Wing Chun Kuen is not alone in the forward placement of the guard hands. Among the Southern Chinese Martial Arts there are numerous styles that have this approach. The term most commonly used is Kiu Sau or Bridge Hand. The thinking behind the strategy is that a well placed and implemented Bridge is going to be hard to cross because it has a 'guard' protecting it, namely, YOU!

James Sinclair has a friend who is skilled in Dragon style which has a fearsome, but nonetheless deserved, reputation. The Loong Style (Dragon) has a very powerful bridge which is used, at times, to physically attack the arms of their opponent. If you were not of reasonable skill it would be foolhardy to take an hasty or carefree approach. This could easily result in

you suffering a broken forearm or worse.

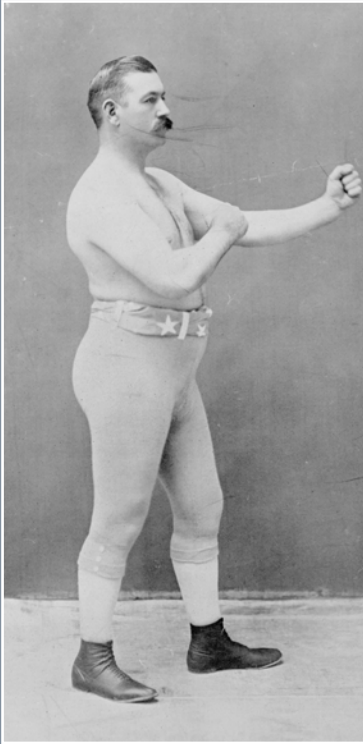
As long ago as the mid 1970's James had the opportunity to cross hands with Pak Mei, Tong Long and Hung Gar practitioners, which was a valuable insight into the differing uses of the respective styles' guard hands.

In 1989, during a visit to Hong Kong, James was introduced to a Gong Sai Praying Mantis master. The photo on the following page demonstrates quite clearly the use of long bridges and the different placements.



**James Sinclair**  
Founder and Chief Instructor since 1985.

# JOHN L. SULLIVAN



## Kiu Sau

Wing Chun Kuen and Gong Sai Praying Mantis Bridge Hands. Hong Kong 1989.

Any discussion on guard hands will lead to an analysis of the fighting potential of such strategies. Many readers will be familiar with the short closed guard of the modern western Boxer. They are familiar with the power and momentum generated from such postures, but remain confused about how to implement good fighting skill from a longer guard.

Wing Chun Kuen is one of the systems that the Europeans would possibly have called 'Chinese Boxing' had they come across it. During the early development of Western Boxing there was a greater similarity to guard placement in Chinese Martial Arts than there is today. The reason is possibly due to the fact that Western Boxing was originally 'bare knuckle boxing'. As such 'covering up' to absorb blows is not as effective as when two gloved opponents face each other.

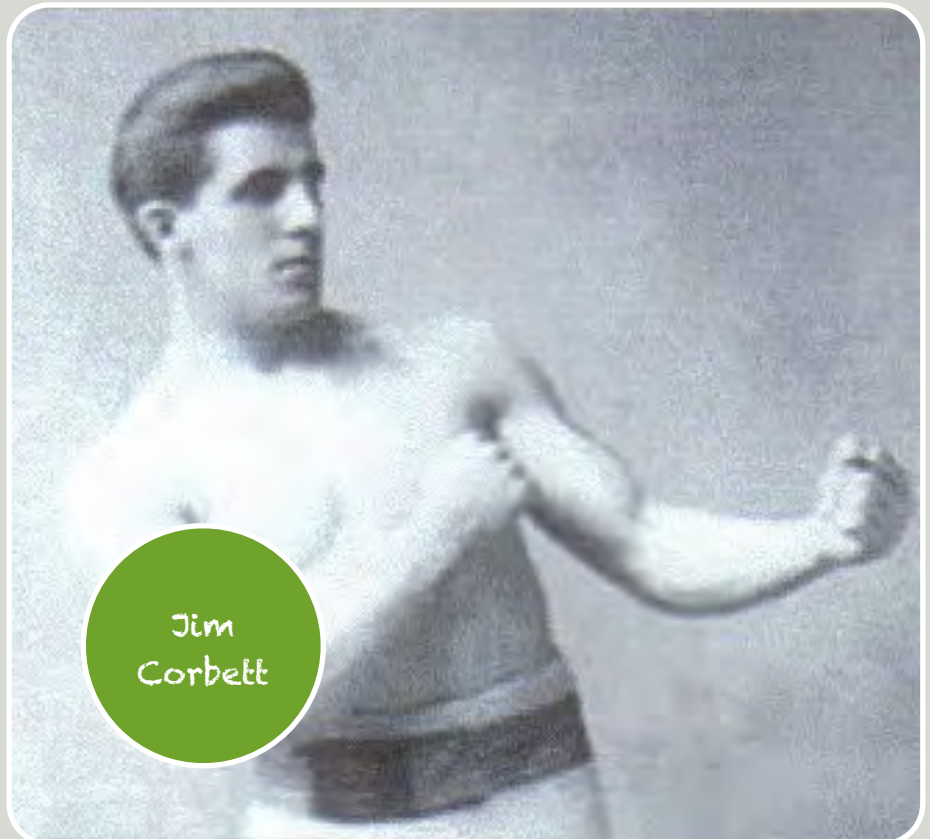
On the left is a photo from 1898 of John L Sullivan. Looking at his guard you can easily observe the 'Centre Line' nature and the rear protective hand at the

elbow of the lead hand. He also has a solidly planted rear foot.

Looking at Jim Corbett (below) you can observe that many of the fighters of this period leant slightly back, and also take a look at those bottom three knuckles...

Moving on to the 1940's and 1950's you begin to see more sluggers or maulers. Boxing with gloves became a concussive art, where weights of fighters had to become more equal. Fighting with gloved hands could use large swinging heavy handed shots. Pugilists like Rocky Marciano would commit everything to almost every punch. The man who wrapped his hands had a very important role! Barehanded fighters could not be so carefree of their hands. See the next page for some great photos of Rocky in action.

Wing Chun Kuen may appear a little old fashioned compared to modern boxing, however, it is built on a solid foundation. The weight is dropped, the



centre is protected and distance control is gauged by the combination of guard hands and the footwork. The Wing Chun practitioners body weight is easily shifted forward and back as required to deal with 'in your face self defence' and also mobile opponents. The subtle shifts in weight allow for execution of powerful kicks and general foot speed.

As Wing Chun Kuen is a martial art it also has to deal with and deliver techniques that use the fingers, palms, elbows, shoulder, head, knees and feet as well as the closed fist. This calls for a more rounded approach. Wing Chun is tried and tested and continues to evolve whilst remaining true to it's roots and core methodology. James Sinclair has met with many boxers over the years, and it is not uncommon for the boxer to gain something from the discussions and for great respect to be gained on both sides.

It is now time to move onto a more Wing Chun Kuen oriented discussion. However, it is hoped you still enjoyed the

small historical comparison. Wing Chun Kuen works on the bridge and gate system. The gate system is a way of dividing the body into sectors and using the least amount of movement to deal with an incursion into that region. Wing Chun Kuen becomes a fascinating and truly engaging art in two areas in particular. One is Chi Sau and the other is called Gworr Sau. Both rely heavily on understanding the gate system.

Chi Sau is a subject for another discussion in the future.



# MARCIANO



## Rocky Marciano

The only heavyweight boxer to retire undefeated. Commitment and aggression were his trademark attributes. Boxers were increasingly becoming athletes with great physical conditioning..

becoming athletes with great physical conditioning..



To learn, you have to listen. To improve, you have to try



# GWORR SAU

Gworr Sau is basically an attempt to fight from a starting point that is beyond each partners hand striking range. Therefore, each person will try to 'Cross The Bridge' in an effort to get to striking range, whilst not being counter struck on the way in. Gworr Sau is essentially a stylised method of Sparring, possibly **'Sparring on Steroids'** as there is so much to learn and apply in terms of tactics, responsiveness and territorial control. It is like a game of physical chess with the end result being Mastery of Wing Chun Kuen. It makes your Wing Chun Kuen journey so much more fulfilling and challenging.

the skill simply quite remarkable. No person observing could possibly think it was Karate, Boxing Judo or MMA. It is Wing Chun Kuen through and through.

THE ONLY DIFFERENCE BETWEEN DREAMS AND ACHIEVEMENTS IS HARD WORK

Gworr Sau performed at a high level is also the much sought after **'Link Between Forms and Fighting'**. This is where the art is visibly obvious to any person watching, and



<b>MASTERCLASS SEMINARS</b> all at the Essex Hq from 1-3pm (£50)	<b>DECEMBER</b> <b>WOODEN DUMMY</b>	<b>JANUARY</b> <b>CHI SAU</b>	<b>FEBRUARY</b> <b>GWORR SAU</b>	<b>MARCH</b> <b>KICKING</b>
	<p><b>SUN 14th</b>                      Wooden Dummy Form &amp; Application.</p> <p>Finish 2014 on a high with this great seminar.</p>	<p><b>SUN 18th</b>                      For all those who wish to move their Wing Chun skills forward. Open to all</p> <p>[ 4 ]</p>	<p><b>SUN 15th</b>                      Wing Chun sparring is the speciality of Master James Sinclair. Develop greater ability.</p>	<p><b>SUN 15th</b>                      The most important but most neglected part of any training is footwork. Kicking encompasses everything to help you move better.</p>

# ERIC WILSON



Taan Sau



Jum Sau



Fut Sau



Taan Sau



Jum Sau



Fut Sau

These basic guards are economical techniques that could give you the edge.

In the photo of Sifu Zubbiar Khan (previous page) he is helping to define the basic gate structure. What becomes apparent is how mobile the head is. As you can see Zubbiar has his head slightly off centre. This illustrates the main reason Wing Chun Kuen has large shapes like Bong, Taan, Gaan, Kwun and Fook at torso level.

Defensively one can use small movements of the head combined with small techniques such as Pak Sau to offset a lot of strikes to the head to great affect. However, the main torso area is a lot less mobile, even with footwork. Wing Chun Kuen uses the larger shapes at this level as a 'shield' and as methods to disperse or contain the opponents arms. This is possibly how the Chi Sau skills began to develop. At this region it is possible to add considerable pressure and potentially trap an arm. Wing Chun students need to develop skills to avoid this happening to them.

One can also use Wing Chun Kuen strikes to great effect when an opponent attacks to the face region as it is much easier to redirect their force/ arm and intercept.

The Wing Chun Kuen guard hand can be utilised in many different ways. Either side you can see a number of common bridge pressures placed to Trap, Absorb, Incite, Control, Disperse and deflect. Bong Sau is transitional and not a great choice to hold in position.

People sometimes achieve outstanding success because they don't know when to quit.



# GARY COOPER



Fook Sau



Jum Sau



Fak Sau



Fook Sau



Moot Sau



Moot Sau



Jut Sau

# Swallow Spit Float Sink Tun Tou Fou Chahm

This phrase is often used in the Wing Chun Kuen art. However, the roots lie much deeper in Chinese martial arts. These principles possibly hark back to the origins of Tai Chi. They are so deeply rooted within martial arts now that most systems, regardless of origins, rely on these skills, even if they do not know it!

Like a lot of Wing Chun Kuen the statement does not refer to a block in and of itself, it refers to an idea, a theory that can be applied with multiple hand or leg shapes in many situations. To give you a simple idea...



**Swallow 吞**

To Swallow is to absorb your opponents power, or use it to your advantage by increasing your striking power. It is also used to absorb and redirect. This is performed a lot in Wing Chun Kuen's Chi Sau training. Here you see Master Mark Phillips absorb the forward momentum of his opponent and deliver a heavy body blow. This was the result of the opponent stupidly throwing a deliberate Biu Tze to Master Phillips' eyes.



**Spit 吐**

To Spit is to strike or dispel the opponent away from you. It can be as simple as a punch or as complex as Po Pai Jeung. Here David O'Brart simply attacks to defend.



**Float 浮**

To float is to uproot your opponent from the ground or to raise yourself when applying a technique. Common moves involve any pushing technique and some strikes from Wing Chun's second form



**Sink 沉**

To 'sink' is to drop your own body weight whilst executing a technique. It also refers to redirecting your opponents body downwards. Common moves such as Laap Sau and more powerfully Double Laap Sau demonstrate this principle very well.

The illustration below explains a difficulty that some people have with Wing Chun Kuen. Often a technique can be called by a number of different names. They can all be correct as it is often the description of the intent that a person is describing rather than the more common technical shape. Please remember that there are many people who show their forms differently. This does not mean they are wrong. However, a poor performance is always poor regardless of differences in sequence etc.

The example here is from many years ago. A student threw an open fingered strike toward his training partner, James Sinclair told the student not to use the Biu Tze. However, the student argued that he threw Biu Sau (a more innocent absorbing arm). James asked the student to leave the Assoc. This may sound very harsh. However, if a teacher asks you not to do something you do not argue, you possibly apologise, but you certainly agree. It is far too dangerous for all involved to have confusion about any open fingered movement toward the eyes. An uncontrolled Biu Sau is no different in result to a deliberate Biu Tze. By agreeing with your Sifu you make it known to ALL that this kind of technique is out of bounds and everyone benefits from a safer training environment. A few years later the student wished to return and told James Sinclair that he had been training at other schools in the meantime but the UKWCKFA was the best he had experienced. Even after flattery James would not accept him back. Master Phillips had the same situation arise in 2006 in Hong Kong and dealt with the situation himself. His answer is in the photo to your left.....





James Sinclair was invited to assist in the coaching of Britain's rising star sprinter, **Adam Gemili**. Adam won 2 gold medals at the Commonwealth Games and was only 0.04 of a second from qualifying for the Olympic 100m final in London. At only 21yrs of age he has his best years ahead of him. James was drafted in to see if he could impart any valuable advice. James spoke of explosive speed, triggers and relaxation under pressure. Adam was so surprised at the simple things that can be overlooked. The whole coaching team were very impressed and as consequence discussed having James visit the Loughborough facility to meet and exchange his observations and experience with the leading Team GB coaches.

Adam is a lovely guy and simply stated that James ideas and movement were 'Poetry In Motion'.

For those of you wishing to end the year on a high, James will be teaching his Wooden Dummy seminar at the National Hq in Essex. This has always been a great favourite, with James only recently teaching at Sifu Phillips full time school in Wood Green. Please note it will be on the 2nd Sunday (14th) not the usual third Sunday.

### ONLINE VIDEO TUTORIALS

**Sifu Nick Martin** has begun to lay down some exciting video tutorial footage. He is hoping to have this available on a subscription site soon. What we will say is that with his energetic and dynamic approach these short 5-10 minute clips will either leave you exhausted from adrenaline or itching to get



out of your seat and get training.. You decide...

**Master Mark Phillips** has been flying the flag for UK Wing Chun whilst conducting a series of seminars in Crete. Last time he taught in Crete he was very ill and still managed to impress. This time we are sure they will be clinging tightly to their socks to prevent them being blown off...Well done Mark!





## UK WING CHUN ASSOCIATION NEW PRODUCT



The UKWCKFA has designed, and had manufactured, a stylish **COMPRESSION TOP**. This top is not to be confused with the cheap rashguards so readily available. This is a very high quality garment that will hold your torso muscles firmly. The material is the same as 'Skins'. We only have a sample at present and we would like to gauge the interest in this kind of product amongst

the students. So please let us know! However, so far everyone loves it. The final cost cannot be decided until we know shipping and import duties etc. But as always it will be very well priced.

Released in 2013 The Chi Sau DVD is a recording of a seminar at the Midlands HQ. It is a fascinating insight

into the art of Wing Chun. If you wish to master Chi Sau get this DVD NOW.

You can buy the DVD's through your Sifu or through our website.

All of our goods make great presents. If you wish to have Private Lessons or book a seminar as a gift contact us as soon as possible.

### 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.



### UKWCKFA CONTACT

#### National HQ

Unit 4, The Planks, Lubards Lodge  
Hullbridge Road  
Rayleigh  
Essex SS6 9QW

info@ukwingchun.com