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英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



IS WING CHUN KUEN THE BEST?

No one martial art approach has everything.

How content are you in the art of Wing Chun Kuen?.

Wing Chun Kuen has been my life since the early 1970's.

Wing Chun training was such a part of me that at no time have I ever felt the effort was too hard or demanded too much. People have stated that I must have trained hard. I can accept that, but it was not hard in the manner of suffering a job you hate day in, day out! After all I had a choice every moment as to whether I wished to quit.

Over 40 years have passed since I began in martial arts

and I still enjoy the path I have taken.

Reflecting solely on this years 30th Anniversary since I founded the Assoc. has resulted in some humbling conclusions.

The UKWCKFA has produced many good teachers and students. Some sadly have passed away, some left and formed their own competing Assoc's but remarkably some students have stayed the entire course. It is very moving to feel that the last category of student must feel

James Sinclair
James founded the UK Wing Chun Kung Fu Assoc. in 1985. He has been a qualified Wing Chun Kuen teacher since 1979.



MEDIA



Pure and Simple Cover
Feature in Movie Mag
'Empire'

Making our Wallbag
Training DVD



the love for the Art that I have felt and they have dedicated the largest part of their lives to date on this subject too. In a moment of madness I would like to think I had something to do with their love for the Art. However, realistically they simply find the Art compelling, challenging and that the idea of being as good at something as one can be is their driving force. Even those who have left our Assoc. and set up other groups have stayed within the Wing Chun style!

So, why when there are so many choices have students stuck with this one Art? It cannot be propaganda as they have been in the field long enough to know the truth. They have met many other Masters and students of other styles and other Wing Chun lineages.

In this modern age of Twitter, Facebook and YouTube everyone has a voice and opinion. Unfortunately it is also the ignorant, rude and those who shout loudest who get heard, and their opinion of Wing Chun is saddening to hear.

Wing Chun is a beautiful art to practice, it is challenging, fascinating and goes way beyond the basic requirements for self defence training. People do not question Opera, Gymnastics, Music or Dance and these are all arts. They do not need to 'work' it is enough that people find pleasure in their practice or their entertainment. I do not know where a statement of 'Wing Chun does not work' harks from. It is not a comparison. Our students know they can defend themselves and love the training. Surely that is all that matters.



James Sinclair
'1987'

IS WING CHUN CHI SAU USEFUL FOR SELF DEFENCE?

written By Master Mark Phillips PhD

While the concept of sensitivity training is not unique within the various martial arts, the form and complexity that it takes in Wing Chun is taken to another level.

Known as Chi Sau, the sensitivity drills and exercises distinguish Wing Chun from Boxing, Kickboxing, Karate, Brazilian Jiu Jitsu, and even other forms of Kung Fu.

Following are some simple questions and answers that will help you understand why Chi Sau training in Wing Chun is considered important.

What is Chi Sau?

Chi Sau roughly translates as 'Sticking Hands'. This two person exercise is a form of Wing Chun training that enhances your ability to stop a person from hitting you by spoiling the other person's arm movement. Essentially, this exercise allows you to 'feel' how the other person is moving in real time. Put more simply, in Chi Sau you stick to an attacker's arms to prevent punches, grabs, knees, and even kicks.

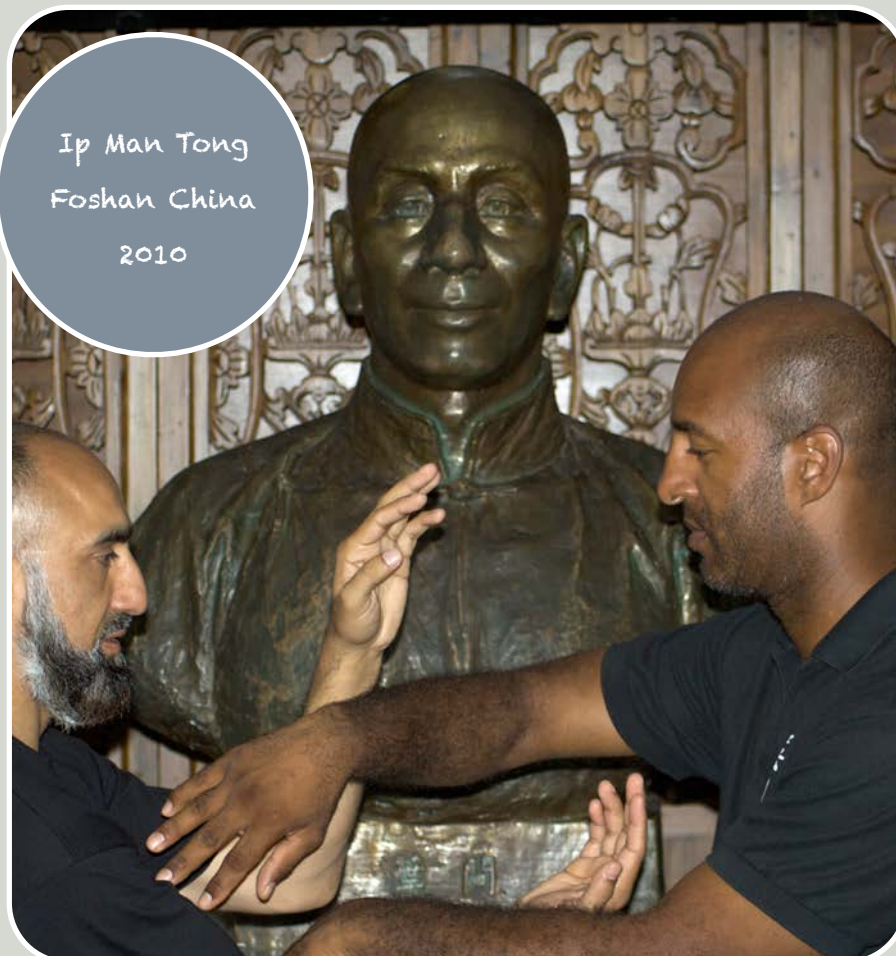
The training is unrehearsed and, therefore, spontaneous which reflects the state of any attack in the street.

Chi Sau training is an experimental process that

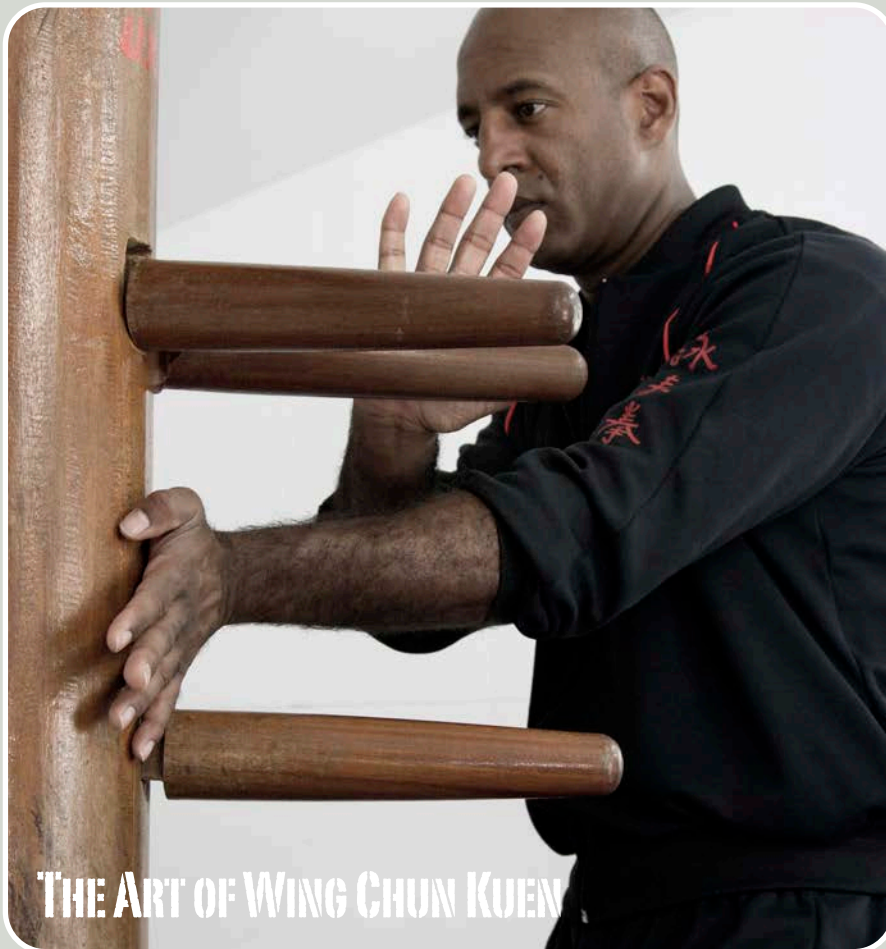


Chi Sau

Sifu Mark Phillips and James Sinclair circa 1998



Ip Man Tong
Foshan China
2010



THE ART OF WING CHUN KUEN

Master Mark Phillips

LWCA founder and Chief Instructor loves the 'Art' of Wing Chun as much as the efficiency.

Now in his 30th year within Wing Chun you can see all you need to know in the eyes....



Sau Chi Sau, Mo Dei Chau: When I Stick To Your Arms, There Is Nowhere To Run...

develops your reflexes to a high level. The Chi Sau framework is standardised and this approach provides a clear structure for developing the art for self defence. Due to the reliance on framework as a starting reference it differs greatly from the random nature Boxing or Kickboxing sparring.




set of responses, allowing you to focus on specific skills with a lower risk of being injured if you make a mistake. Controlling or 'spoiling' the opportunities your opponent has is of immense help in a potentially dangerous confrontation.

How do you do Chi Sau?

When sparring in boxing, Kickboxing, Brazilian Jiu Jitsu or Mixed Martial Arts there are endless possibilities of what could happen at a given moment in time. What Chi Sau does is reduce those possibilities to a smaller

Chi Sau could be considered similar to clinch fighting in Wrestling, Thai Boxing, or Mixed Martial Arts in which a fighter would jockey to off balance and control their opponent. It has

MASTERCLASS SEMINARS	MARCH 2015	APRIL 2015	MAY 2015	JUNE 2015
	<p>WOODEN DUMMY James Sinclair teaches his annual Wooden Dummy MasterClass. Open to all students by appointment only.</p>	<p>Chi Sau Wing Chun without Chi Sau skill is not Wing Chun at all. James Sinclair advances your skill whatever your level.</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>

30 YEARS ON



Eric Wilson Sifu



Master Abid Mahmood
Master Mark Phillips



Master Phillips with
Neil Adams OBE



more in common with the approach in Boxing or Kickboxing where clinching is used to prevent the other opponent from striking at close range. Hence, Chi Sau could be considered a more sophisticated approach to clinching an attacker in order to prevent punches to the face or body.

The idea is to connect with your forearms and use the tactile information gained from this point of contact to learn when to strike the attacker, while denying the opportunity for the other person to hit you back. In other words, you are not exchanging blows, rather trying to stop the person from hitting you, while placing yourself in an advantageous position to hit that person without reply.

There are other aspects that are practiced such as the manipulation of energy, direction of force, maintenance of structure under pressure, and response to sudden changes to your centre line. It can also be practiced with one arm (Dan Chi Sau), and this is ideal for intermediate level Wing Chun students.

Why is it important to training?

- It deals with an isolated opportunity of contact between your arms and another person during a confrontation.
- It is a great exercise to improve hand fighting.
- It gives you the opportunity to experiment with certain

hand fighting ideas with reference to a clearly identifiable framework, and this differs from Boxing and Kickboxing. Hence you can gauge your improvement over a period of time with less risk of injury.

- Chi Sau offers an opportunity to fine tune the concepts from the various forms in Wing Chun

While it certainly does develop specific martial arts skills, it is not essential to learn straight away. In fact, it is perhaps more important for beginners to take a similar approach to self defence or fighting as in Boxing or Kickboxing and even Brazilian Jiu Jitsu. That way you will have a similar baseline of striking skills to base your Chi Sau practice upon.

Is Chi Sao useful for Self Defence?

While there is some value to training Chi Sao, it should not be considered the best way to train for a self defence confrontation. After all, there are a number of limitations to this practice, namely the agreement of both Wing Chun practitioners to start in a linked arm position.

If you trained in a boxing or kickboxing gym you would not be limited to practicing the clinch, instead clinch training would form a very small part of your fighting preparation. In this sense, Chi Sao in Wing Chun is only a small part of our overall preparation for self defence. Similar to Kickboxing it cannot replace the requirement to learn how to

punch and kick or spar as other martial arts practice. However, what is useful is the development of the ability to cling to attackers arms in order to spoil an attack. In particular, the ability to react and move without thinking. In this sense, Chi Sau develops a natural intuition of how to respond automatically without flinching, freezing, or over thinking what to do next.

In Closing

It would be foolish to think that Chi Sau could be directly replicated in a self defence situation. In other words, how you train Chi Sau in the gym would translate directly when someone attacks you in the street. What Chi Sau does is reduce the natural physical hesitation that you may have when someone attacks you. However, you must learn how to deal with punches and kicks in a more direct manner, and this should be no

different to kickboxing or Jiu Jitsu.

On one last point Chi Sau developed to defend and deliver elbow strikes, finger strikes, chops and grabs to the throat and groin and as a result is very different to many forms of clinching and spoiling found in controlled competitive sport.

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Wing Chun in India

What Keeps YOU training?

By Sifu Nick Martin

Teacher at Lee Green, Ilford and Imperial College London.

I have recently returned from teaching in one of the Association's most far flung branches, Chennai, South India.

As before, it was a fascinating experience, not only to teach in a completely different culture and climate (WOW its hot to train out there!) but also to see how the class and training has evolved without direct instruction since my last visit 12 months ago.

The students at the club in Chennai seem to absorb information like a dry sponge dropped into a bathtub. However, and more importantly, they hang onto the advice and skills that I impart and make them their own. This is in stark contrast to teaching my regular classes in the UK, where I sometimes feel that I'm sending masses of

information out like a radio transmitter and a lot of students have their receivers tuned into a different station.

All students understand information at different rates but the trick to *really* learning is to listen to what is being said rather than form your own ideas before things are properly explained. It is in this regard that I find the students in Chennai really have the 'open cup' approach that is so necessary to successful training.

Allow me to give you an example; next time you are at class and the students are gathered around the sifu or instructor, watch how many people are nodding continually as he or she explains a technique. On the surface it appears as though these people are listening the hardest, but after you go back to training it is almost without exception that these are the students to call over the instructor first in order to clarify some point that they missed during the initial explanation.

My sincere advice is that you not only listen and nod as you understand the general points being shared, but also really think and take time to



Nick Martin Sifu





comprehend the information and how it relates to your own experiences and training.

Master Sinclair teaches that if you leave each class with only one positive point about how to improve your training you are well on the path to success, and I can only concur as my experience has grown through both being a student and teacher.

Work out what is important to you and hold on to that information tightly, then the real work can begin. From herein it is up to you to train hard and consistently in order to truly benefit and make a telling difference to your skill level.

Referring back to the students in Chennai, it was interesting to see that although in some areas the students at the branch had veered slightly off course with their training, and required a little tweaking to bring them back to the correct methods, the basics of what I had taught them on my last visit had remained intact and strong. I believe this is due to the fact that they were prepared to put the work in themselves and were not distracted by new ideas or techniques that are not applicable to their own training as yet.

I understand that it is fun to learn new things and all students aim to get to the 'Mysteries' at the end of the art. However, every student that reaches the higher levels of training does so by good understanding and hours of practice through repetition of material already in their comprehension, just not quite in their motor co-ordination. No matter what activity you chose to undertake, true mastery is only possible when the required elements are performed naturally, with no inhibitions and eventually with your own personality or style shining through.

In this respect I see the class in Chennai will go from strength to strength as they grow in ability and confidence. With a rising economy and a middle class emerging with more leisure time it seems as though our association will be able to grow and expand in the region. Not through fancy marketing, hype and business deals but for what we are truly respected for across the globe. A wealth of Wing Chun knowledge, an approach to coaching and training that is second to none and the overall ability to back up what we teach.

With clubs around the world wanting to be part of our association though reputation alone, we can all feel proud of the UK Wing Chun Kung Fu Assoc.

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