

# 英國詠春功夫會

## UK WING CHUN KUNG FU ASSOC



## CHI SAU: AN INSIGHT

**Wing Chun Kuen has a unique approach to training?**

**Here James Sinclair discusses 'Sticky Hands'.**

Chi Sau is an often misunderstood approach to training. The clinging of the arms, the strange rocking and rolling manoeuvre and the appearance of innocent looking slaps has led many martial artists to question the efficacy of such a style that has such an idiosyncratic training method.

Originating in Southern China Wing Chun Kuen has a deserved reputation for effective close range fighting skills.

However, how has this been possible when martial arts have been around for thousands of years and Wing Chun is a relative newcomer?

Like most physical activities the evolution of martial arts is more about the training and coaching methodologies than any great differences in human development.

Wing Chun Kuen practitioners have sought to break the mould and think outside the accepted training approaches of their predecessors. Every generation has had this attitude and it has served the Art well.

Chi means to follow or stick beside a person and, in term of Wing Chun Kuen training, it is to follow, absorb and disperse the attempts of your opponent to attack you, whilst creating your own opportunities to initiate strikes.



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

# CHI SAU



## CHI SAU

Chi Sau is a fascinating and challenging way to train with your partner. It builds quick reflex action and the ability to be adaptive.

In any self defence or hand to hand combat scenario, that last more than a few seconds, there is a large chance that the two combatants will end up grabbing, holding, pulling and pushing in an attempt to get the upper hand or to prevent themselves from being struck, head-butted, gouged or bitten. This is a kind of stand up wrestling stage. If one of the fighters overbalances he will often drag the other down and they end up wrestling/writhing on the floor.

Oftentimes when observing this happen you will see quite quickly that neither person is focused on striking, they tend to 'spoil' their opponents strength and movement. Without much skill or experience it is evident that a huge amount of strength is used and wasted and that bodyweight becomes an important factor in such a situation.

*"Sau Chi Sau  
Mo Dei Chau."*

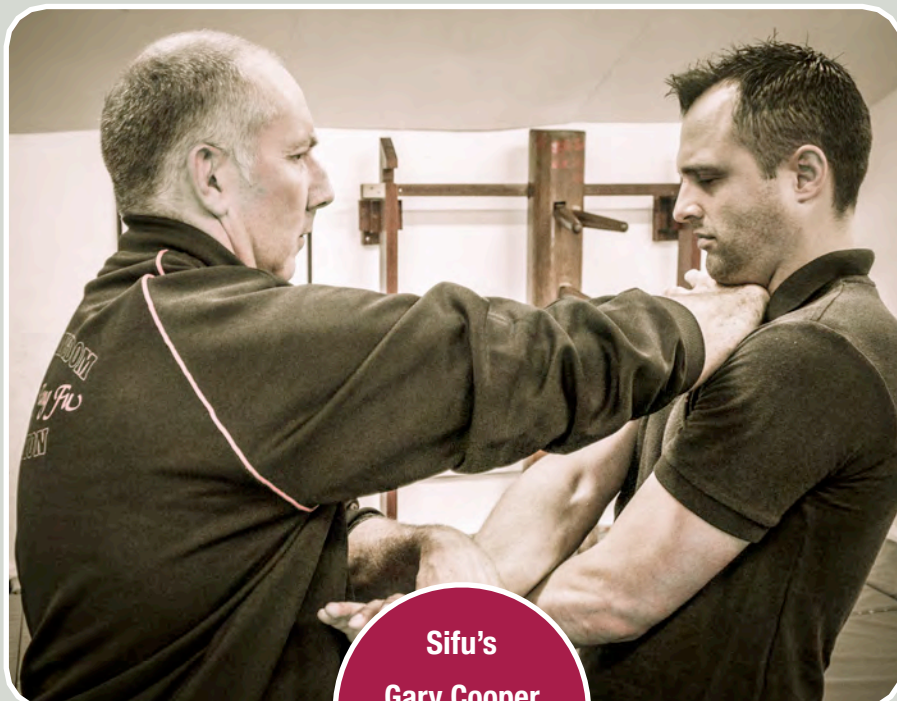
This well known statement is hanging on the wall at the UK Wing Chun Assoc. National HQ.

The above translates as :

*"When I Stick  
With Your Hands  
There Is Nowhere To Run."*

The statement indicates how important the skill of chi sau is to Wing Chun Kuen practitioners, and quite literally if you do not train Chi Sau you are not a Wing Chun stylist.

The tactile training also helps to develop an awareness of the fluid nature of concentration and how to



**Sifu's  
Gary Cooper  
&  
Nick Martin**

detect those slight lapses that naturally occur.

Building on years of testing, Wing Chun practitioners have attempted to develop skills that will use less strength, take advantage of opportunities to strike and spoil the opponents chance to win. It was such a goal that lead to the statement that **Chi Sau has no fancy techniques**. When dealing with a purely instinctive fighter or skilled martial arts combatant it is simply not possible to pose or primp and preen whilst you admire your own skill.

The true essence of Chi Sau is a methodical approach to control your opponent whilst accentuating the chances of striking and disempowering his opportunity to control you. There certainly are skills that do not

work against any person other than another Wing Chun stylist working within the framework of Chi Sau, but they are a relatively small part and comprise the 'Art' which is of great importance to a Wing Chun Kuen stylist. However, these artistic skills must not be confused with skills that should work in a self defence scenario.

## THE FRAME

Chi Sau has structure, it has had a lot of research from quizzical minds and they came up with a great method to understand the potential for human movement at any given time.

The human arm can only move in certain ways limited by a hinge joint at the elbow. Whilst some martial arts specialise in



Courage Is Facing Your Fears  
Stupidity Is Fearing Nothing



## LOK SAU

Lok Sau or 'Rolling Arms' is not strictly Chi Sau but does work to develop the tactile response to take forward. Lok Sau can be adapted to increase sparring skills in application against a very mobile opponent.





手籍手無地走

## 'The Harder You Train, The More Luck You Have'

using these limitations to their advantage through applications of locks, Wing Chun stylist are usually a little more focused on the potential for movement and the danger that this can bring. Using statements like **Lat Sau Jik Chung** (strike forward when the hand is free) and **Lik Yau Day Hay** (Power comes from the Earth) you quickly understand how these phrases encapsulate the goals that training is aimed toward, as is the commonly stated phrase in the UKWCKFA,

"If In Doubt  
Hit Out!"

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

The understanding of physical movement also builds the ability to develop a greater awareness of how to defend against potential locks, and to apply our own simplified but nonetheless unique 'trapping' skills.

The frame in Wing Chun Kuen Chi Sau consists of 4 named shapes, with some small variations also used by some in the manner of their application.

### Bong Sau

The Bong Sau is one of the definitive shapes of the Art of Wing Chun Kuen. The danger of being

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contained on the inside gate and having your arms pressed slightly down leads to significant threat to your throat. Bong Sau is one of the best frames able to nullify this danger.

Bong Sau is used at all heights but truly comes into its own when effectively dealing with the danger of a simple chop to the throat. This is possibly the most common attack from even the very inexperienced student.

The Bong Sau frame is also a gift to other martial artists, as it can be seized and used to apply a shoulder lock by your opponent. The high elbow also invites a strike to the lower body and the frame creates a great vulnerability to the uppercut strike too. Therefore, all students are taught the use of the Bong Frame as a purely transitional movement. If you were to observe Double Chi Sau you will see that the Bong quite quickly falls to form the next shape we shall discuss.

## Taan Sau

The Taan Sau is another very distinctive frame. Commonly called the 'Palm Up Block', it is used to keep people out. Applied in the basic rolling, the inside gate the Taan Sau is used to disperse force away from the centre line. In the first section of the first form the Taan Sau occupies the centre line, however, the frame in Chi Sau is in line with the nipple. Dropping the Taan Sau too close to the centre can get the practitioner trapped and overpowered. The Taan Sau can be

used to create an opening by breaking the Fook Sau frame, this opens the centre line of the opponent leaving them vulnerable to a variety of strikes.

## Fook Sau

The Fook Sau is used in a manner that is completely opposite to Taan Sau. The Fook is used to contain or subdue force that is attempting to open the centre line. The Fook Sau is used to prevent throat grabs and other common attacks that drive power through the middle. The Fook Sau is a superb controlling frame capable of subduing enormous force. The ability to subdue such great force comes from the muscle shape of the forearm and the ability to control your own elbow position using the depressed shoulder and gentle forward force.

The Fook Sau does not necessarily stop a strike, it dissolves its power and you simply cannot get hurt by a strike that has a well placed Fook Sau in contact.

However, there comes a point when one must decide when there is too much force being exerted onto the Fook Sau and the shape can then be changed to Jum Sau or you may divert the force with Huen Sau.



## Teng Sau

The Teng Sau is not just an high Fook Sau. For one, the elbow is driving forward with more force and



You BOTH benefit when you train WITH each other

could be comparable to a strike. However, the elbow is not allowed to straighten. The purpose of this forceful movement is to develop the practitioners shoulder strength and to feed power to develop the ability to apply Bong Sau under more pressure. It is simply not practical to attempt to lift a persons Fook Sau to form a Bong Sau. If an training partner wished to keep you contained it would be very difficult to lift your arm without using tremendous strength. Therefore the emphasis is on forming Bong against forward force. Once again preparing to defend that potentially fatal throat strike. Teng Sau means stop hand as the frame stops the Bong having the opportunity to fold too easily and rolling over.

### CO-OPERATION

The discussion on the four basic frames practiced in Poon Sau amply demonstrates that Chi Sau is a 'training' method designed to allow a huge amount of mutual co-operation between students. The Poon Sau is the first stage of training in Double Chi Sau and is highly stylised for good reason. As your experience grows you will rely less and less on the basic roll and move in a more freeform manner. Eventually you will move between Chi Sau and sparring seamlessly.

## NEWS NEWS NEWS NEWS

### Master Mark Phillips

Congratulations have to go to Master Mark Phillips who had the privilege to grace the front cover of Wing Chun Illustrated. The standard of any teacher is judged by the



progress of their students and Master Sinclair is justifiably proud.

Download Your Copy [Here](#)

## NEW WEB SITES



We have been developing a number of websites that you may wish to follow if they relate to the classes in your region.

- MAIN SITE: <http://www.ukwingchun.com>
- NATIONAL HQ: <http://www.rayleighwingchun.co.uk>
- LONDON HQ: <http://www.londonwingchun.co.uk>
- MIDLANDS HQ: <http://www.midlandswingchun.com>
- BEDFORD: <http://www.bedfordwingchun.co.uk>
- ESSEX: <http://www.wingchunessex.co.uk>
- KENT: <http://www.kentwingchun.net>
- CITY: <http://www.citywingchun.com>
- WALSALL: <http://www.walsallwingchun.com>
- CORNWALL: <http://www.cornwallwingchun.co.uk>

### LUTON WING CHUN

Nick Martin Sifu has opened a new class in Luton in Bedfordshire at Farley Hill Community Centre on Thursday evening from 8pm.

### LEICESTER

Master Abid Mahmood has opened a new class in Leicester. Details at [MidlandsWingChun.com](http://MidlandsWingChun.com)

### NOVA SCOTIA

We have a new school in Nova Scotia Canada and welcome Sifu Mark Withers back to the UKWCKFA.



## NEW UNIFORM DESIGN

### ARRIVING SOON



The new style uniform is coming together now. In our last newsletter we showed the shorts and rashguards.

These will be available in only very small quantities as the majority of people do not like to show their legs or lumps and bumps off. The rashguard can be unforgiving!



With that in mind we have designed a new loose fitting top that has our unique logos. They are a great modern material that wicks sweat away and are breathable.

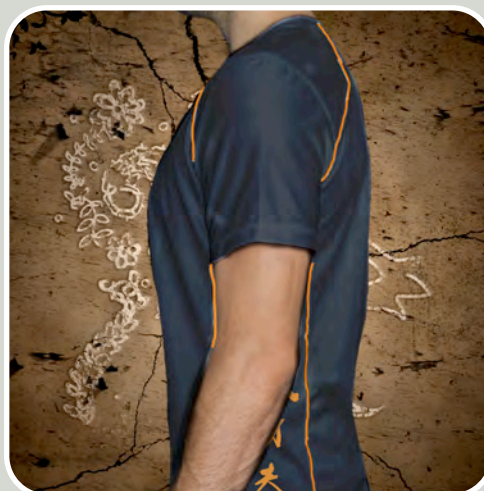


The photos to the left are simply photoshop mock ups from a single unprinted white top. We can assure you the tops are black and the trim is bronze not orange as appears here!



Once again the instructors will be defined by red trim.

We also are having a small quantity of lightweight training jackets manufactured, Get your orders in early for Christmas!





# 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](http://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](http://www.WingChunVideos.com)

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.

The last two DVD's are basically recordings of the Assoc's. 21st and 25th Anniversary. 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.

## 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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