

# 英國詠春功夫會

## UK WING CHUN KUNG FU ASSOC



## DAN CHI SAU: AN INSIGHT

**Wing Chun Kuen has a unique approach to training?  
Here James Sinclair discusses 'Single Sticky Hands'.**

Building on from our last edition in which the ideas of Chi Sau were introduced, we now take a look at the skills and benefits of Single Chi Sau.

It has been our experience that a number of schools now choose to omit Single Chi Sau training from their syllabus and concentrate on the more complex double version. We will argue here that this is an oversight that has come, or will, come back to bite them!

A few years ago Master Sinclair and a number of his senior students were able to visit various Wing Chun Kuen schools as guests. In those kwoon's that did not practice Dan Chi or Single Sticky hands, there was

present, a distinct inability to deal with quite basic skills. For instance if one of their arms was held powerfully and they were put under pressure by the other hand they were inexperienced and struggled considerably. They could not deal with punches, and they found it hard to deal with the rapid and powerful change of gates that Dan Chi builds.

The idea of the free hand going forward (Lut Sau Jik Chung) is far easier to master in dan chi as there is more opportunity to isolate the theory and work upon it. The simplicity and inherent limitations of Dan Chi training methodology is the very strength in the approach.



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

# DAN CHI SAU



## CHI SAU

Top: The UKWCKFA developed a superb Dan Chi training approach with footwork.

Lower: When changing inside to outside punch to crush the opponents chance to strike forward.

The UKWCKFA syllabus does not move students from basic to advanced material. We have developed a distinct intermediate level where functional skills play a very important role in the students development. Not having our students move straight to Seung Chi Sau may result in students who would appear not to have knowledge of the technically intricacies of Double Chi Sau of those from other schools who have trained for a similar length of time, but it is a fact that our students have far more ability in real world application.

The UKWCKFA is founded on ideas that go along the lines of *'It is not what you know, but what you can do that really matters'*.

The art of Dan Chi Sau brings many benefits that are useful in a

combative situation and we will now discuss some of these....

It is fairly obvious that most of us are not ambidextrous and as a consequence we are either right or left dominant. In Dan Chi we focus on one arm at time and this allows the opportunity to develop the skills individually. As in Seung Chi Sau we still have a right arm on left or left on right, just not both sides together.

If you are right dominant it makes sense that you use your left hand to simply grab your opponents arm or clothing in an attempt to tie it up. Based on general common sense this means your left hand will be trying to tie up their right arm whilst you unleash your skill and power with your dominant hand.

Even if the person you were fighting were left dominant you would



**Outside to Inside Gate Change Must Go HIGH**

be working dominant to dominant and not be a weaker position.

### STICK FOLLOW SPOIL

The ability to absorb power and stop a person from generating the force they require to hurt you is the basis of Chi Sau, from a defensive perspective. It is extremely hard to strike through to a person if they are good at sticking. Even if one cannot prevent the strike making contact, it is possible in most circumstances to absorb so much of the initial force that there is little chance of any real damage occurring.

### BONG SAU

This frame is developed in Dan Chi and is used to absorb the forward pressure of the fist. However, it is not a block as such. The punch that is fed

forward is a 'Wing Chun Kuen' punch and has a low elbow. This results in considerable force being generated forward and the shape allows the punch to be stopped. If one was to turn the fist (As in Karate et.) it would result in rotating the forearm and potentially allow the strike to slide straight through the defence. Therefore, the Bong Sau is used ...

1. to prevent the forward moving hand of your opponent from becoming a chop to the throat
2. to 'feel' the power and direction of force and potentially redirect it,
3. to use Bong to practice the frame's adaptability to change to Taan.
4. to apply pressure back to your opponent and uproot them, much like Bik Sau.



Courage  
Is Facing Your  
Fears  
Stupidity Is



### DAN CHI SAU

In this sequence Adrain Downes and Jay Mansfield, from the Cambridge branch, show the rolling change. This is performed when the Jum Sau is too heavy or simply to change gates by good timing. Do NOT fold the elbow too far, simply leave and strike as this encourages defence against the free hand.

Defend with Bong Chang Taan or a straight punch.





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Taan Da to inside gate is a way to change arms but not gates. From the Bong Sau drop and form Taan Da. Your partner will block with Jum Sau and punch.

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

### PISTON PUNCHES

(wat sak kuen da)

### 活塞拳打

Master Sinclair coined this phrase in the early days of his training to make the methodology easier for people to understand. The piston punch allows the practitioner to rapidly draw the fist back and forth to safely slip a barrier. It also helps to develop the speed and power for chun ging or short distance punching.


The most common uses for piston punches

are to aid changes from inside to outside gates, and vice versa, in a manner that reduces the opportunity of the opponent to drive forward on loss of contact.

When applying the piston punch from inside to outside the strike is kept low to bridge the arm and prevent your opponent striking upward and forward.

When using the piston punch from the outside to inside gate the force is directed upward to uproot the opponent and bridge against his

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

MASTERCLASS SEMINARS <small>all at the Essex Hq from 1-4pm (£50)</small>	DEC 2015 <b>WOODEN DUMMY</b>	JANUARY 2016 <b>SIU NIM TAO</b>	FEB 2016 <b>COMBINATIONS</b>	MARCH 2016 <b>STICKY HANDS</b>
	<b>SUN 13th</b> Wooden Dummy Form & Application.  Finish 2015 on a high with this great seminar.	<b>SUN 17th</b> For all those who wish to move their Wing Chun skills forward. Open to all	<b>SUN 21st</b> A NEW seminar for all those who want to fly through the gradings. Master Sinclair gives you the keys.	<b>SUN 20th</b> The most essential training in Wing Chun Kuen is within Sticky Hands. Develop these skills to unlock your potential.

potential forward strike. Often you will find that the opponent overreacts and pushes down on your punch (Jum) this then allows you to slip back outside for a clean strike or to use Taan Da cleanly.

James Sinclair took the Dan Chi Sau and built upon it to introduce footwork. The understanding of angles, pressure and distance judgement cannot be overstated. Because Dan Chi Sau is limited, it requires great control and discipline. Students who are not matched physically can work together as the footwork adds another dimension to the training where a larger opponent does not always have the advantage if their opponent can utilise foot skills to control the space and angles.

In Dan Chi Sau with footwork (Ma Bo) there are a couple of very important technical tips to bear in mind.

- Keep your *Jum Sau* on your back leg
- Rarely face your opponent squarely.
- Always angle your stance.
- Bong Sau can be on your front or back leg and can change either way to press or slip.

## NEW WEB SITES

Although we mentioned it last edition. Here are the 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>

CAMBRIDGE: <http://www.cambridgeshirewingchun.co.uk>

ESSEX: <http://www.wingchunessex.co.uk>

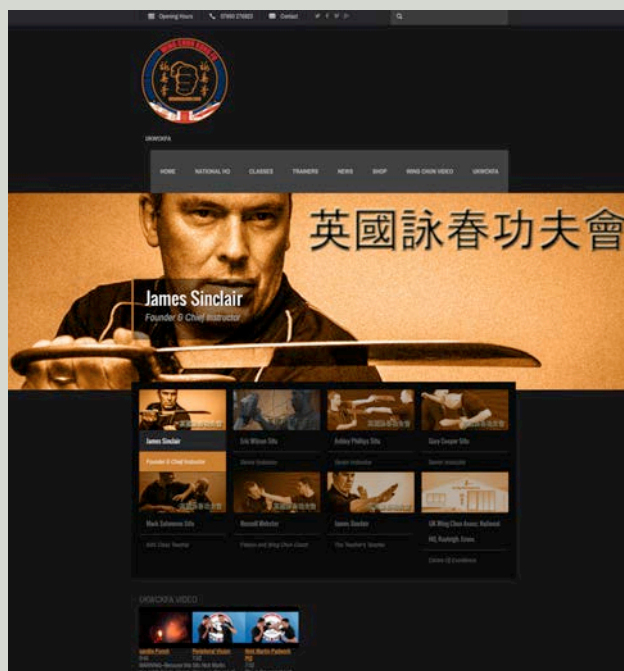
KENT: <http://www.kentwingchun.net>

CITY: <http://www.citywingchun.com>

WALSALL: <http://www.walsallwingchun.com>

CORNWALL: <http://www.cornwallwingchun.co.uk>

Remember if you have a great lesson, then log on and write a comment. 'Like' the sites on facebook or mention on twitter etc. In todays social media oriented world it all helps.



Huen Sau Ma Bo

## MORE NEW UNIFORM



The new style uniform is coming together now.

We have designed our new v-neck t-shirt that will be available soon and FREE with First Year Membership.

They are a great modern material that wicks sweat away and are breathable and light to wear.

We also have the new track jackets made up. You may have been lucky enough to see them already, they seem very desirable based on comments so far. Instructors are Red, students, Bronze.



Stock will be available through your instructor and through our online shop. [Click here to got to our shop](#)

## SIFU KEVIN OLDMAN



It was lovely to finally get together with Sifu Kevin Oldman, who was one of our most talented teachers and students, and who's grading clips still inspire many on the web. We finally got to pass on the 'Bobby Beach Memorial Instructor Award' to Sifu Oldman as the honorary winner for 2013. We also and passed on the 2013 'Student of the Year Award' which was posthumously awarded to Sifu Bobby Beach, to be handed to his family with our great respect.

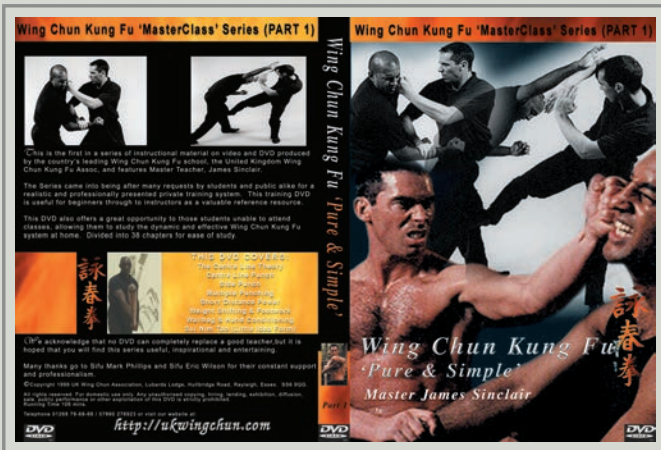
## AND FINALLY....



## HAPPY HOLIDAYS

The Annual break from formal class training is looming, but that does not mean you should stop your training altogether. Many of the students at the National Hq will be getting together to train at the school over the holiday period. If you wish to meet up, gather some phone numbers when you are next in class and arrange to contact each other.

All we ask is that you leave the school clean and tidy when you leave and check the lights are off and doors locked. We hope you enjoy yourself and have plenty of questions for the teachers when we recommence in January. As the schools slightly differently it is a good idea to look at the relevant websites to see the dates of break and return.



# 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 online through our [shop](#).

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 online at our [shop](#).

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.



## UKWCKFA CONTACT

### National HQ

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

[info@ukwingchun.com](mailto:info@ukwingchun.com)