

15th Edition ~ March 2016

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



COMBINATIONS: AN INSIGHT

The UK Wing Chun Assoc. has a unique approach to training?

Here James Sinclair discusses 'Combination Training'.



Having travelled extensively and observed a lot of different approaches within Wing Chun, it has become apparent that what most creates good students is the presence of a definitive training structure, grading syllabus and the discipline to stick to that structure.

It remains a fact that a good teacher knows what is best for the students, far better than the students actually know what is good for themselves. How can a new student truly understand the requirements to prepare for mastery of the Wing Chun Art better than an experienced and well versed teacher?

It could be argued that the world is now focussed on entertainment and that Andy Warhol's prediction that

"In the future,
everyone will be
world-famous for 15
minutes"

is fast becoming a desire to many. It is obvious that persons with little or no experience try to make loud voices on YouTube, Facebook, Twitter etc. in an attempt to make a name for themselves. It would also appear that although some may never have read



James Sinclair
Founder and Chief Instructor since 1985.

James has been training and teaching since the early 1970's. He first qualified as a registered teacher of Wing Chun in 1977, through the Martial Arts Commission. With plenty of notice James can be available to conduct seminars and club visits.

PAAK DA



PAAK DA James Spalding

Paak Da essentially means slap and hit.

As you can observe, the outside Paak is placed accurately at the elbow joint and struck forward

Oscar Wilde they live by the expression

"The Only Thing Worse Than Being Talked About Is Not Being Talked About"

or
Phineas T Barnum's

"There's no such thing as bad publicity"

This has led many teachers to feel they need to 'entertain' their students, to give them what they want and argue that society has changed, and people can no longer concentrate for more a 5 seconds (5 seconds is about as long as a music video will hold a scene before cutting to another). This is partly true, but is not conducive to learning martial arts

If we can get young people into martial arts we can improve them in so many ways, keeping them active, building self respect, respecting others, patience and extended concentration. These are qualities the National Government are promoting as we all become aware of the dangers of a sedentary lifestyle.

The media has brought attention to the Art of Wing Chun and this is both good and bad. Teachers are popping up like popcorn and some have with just as much nutritional value to students who are naive and want to believe in Masters, Mysteries and Secrets.

In the second Ip Man movie there was a scene where Grandmaster Ip Man is portrayed as preparing for a fight with a champion boxer by rolling up his sleeves and working the Mook Yahn Jong. Such a lost opportunity to



Inside Gate Paak
Pressure is **DOWN** and close to elbow

reveal how a Wing Chun practitioner really trains for the sake of dramatic license.

So why all this prelude to a discussion on combination training?

As stated the Dummy has become a bit of a training myth, with the media giving the impression that the Dummy contains 'secrets' and the ability to impart skill to the practitioner that match those attributes offered by a live partner.

Unfortunately, this is not so. The Dummy Training is clever, well thought out and has its use in cases where a live partner is not available.

Students of Wing Chun can spend hundreds of pounds on a piece of wood and polish it like

furniture. They can resolve to train daily on the object. They will try to engage their imagination and work on the set patterns of the form. The dummy training is a short distance from shadow sparring carried out by all boxers and martial artists, but remains a big leap from training with a live partner.

What is more useful, however, is to take the techniques from the Wooden Dummy and place them in a training approach that utilises the skills in a manner that, whilst predictable, remains live and has the variables of distance judgement, speed and strength to aid in gaining experience.

This is where the UKWCKFA combinations training approach comes in.



Bong Sau...
Your Flexible
Friend!



INCORRECT POSITIONS

(Chris Kelly, Kyriacos Charalambous, James Spalding)

The positions above demonstrate the common mistakes and emphasise why recovery is so important.

1. Inside Gate, Crossing Centre and Low!
2. Too Distant from opponent arm extended
3. Too Distant, Taan Too Open, Incorrectly Placed At Wrist, No Pressure Across The Opponents Centre.





Stagger Step: This step creates huge distance for little effort and allows better application of kicking. Erect Palm Jum Sau and Bong Chor Sau require this skill..

手
籍
手
無
地
走

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

The combinations require precise skills, they clearly utilise the frame and structure that defines the 'Art' of Wing Chun Kuen and they allow the better preparation for the leap into Gwoh Sau and live sparring.

The UKWCKFA training syllabus does not allow students of considerably different experience to train in the same class. This approach is to prevent classes where students hold more advanced students back or waste time teaching material that beginners cannot fully appreciate or understand, simply to entertain

them.

The UKWCKFA have developed a distinct grading structure and the intermediate level is where we focus on the more demanding skills, requiring good distance and gate control.

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

The combinations are where the UKWCKFA student is introduced to the 'Gate System'. This is when they begin to fully appreciate the structure of the body and the role it has in balance, power and distance control.

MASTERCLASSES NATIONAL HQ THIRD SUNDAY 1-4PM MASTER JAMES SINCLAIR £50	MAR 2016 COMBINATIONS PT 2	MAR 2016 CHI SAU THE ESSENTIALS	APR 2016 CHAM KIU THE BRIDGE	MAY 2016 WOODEN DUMMY
	SAT 19th As the first part was so detailed some points were not covered. FREE second part for all who attended 21st Feb 1-3pm	SUN 20th The most essential training in Wing Chun Kuen is within Sticky Hands. Develop these skills to unlock your potential.	SUN 17th The most practical form for building your skills and understanding of practical Wing Chun in action.	SUN 15th The most famous part of the Wing Chun syllabus in detail. A popular seminar every year.

The Siu Nim Tao Grading has 50% of the potential marks dedicated to the attributes gained through good combination skills. It is truly enjoyable and impressive to watch a student who is very competent in the combinations skills. The fluidity power and control of their own techniques and the ability to control the distance and limit the opportunities of their training partner are remarkable.

The combinations help the student develop core skills. All martial artist must have these. These core skill techniques like Taan, Bong, Jum, Paak, & Laap are essential in your aim to be a Wing Chun practitioner. Any person can be strong, fast and fit, but not everyone is a Wing Chun practitioner. By gaining the skills you can start to say you are a true Wing Chun practitioner and then it is purely down to the Kung Fu, the 'Hard Work' that the individual is willing to apply to raise the level at which they can continue to apply these skills.

Every person has a breaking point, but can another take you to that point. This is why you MUST develop your skills in tandem with the attributes of speed strength, courage and perseverance. It does not matter whether you are a Boxer, Judoka, Jiu Jitsu practitioner or Wing Chun student. Your 'skills' define your Artistic frame and tactical approach, this in turn defines your 'style'. Your fitness and hard work in trying to engrain your skills into muscle memory dictate your breaking point.

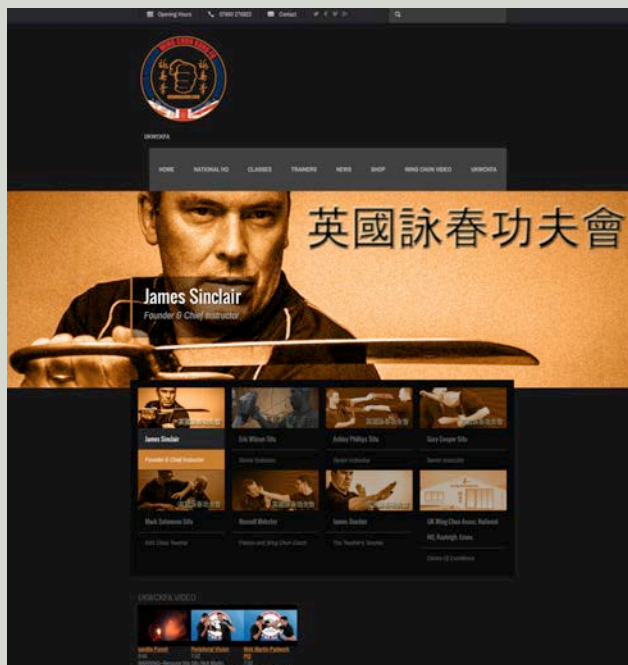
The UKWCKFA combination training is not

only practical in working out what is useful, they also emphasise the dangers of certain positions, with the students having to either avoid such situations, or take immediate remedial action. This is very useful in creating a better understanding of the limitations of any training approach. It is ignorance or blind faith that can cause real problems. Wing Chun students should be made aware of the dangers as well as the strengths in all manners whether that be structural, positional, technical, or even emotional/psychological.

The greatest asset that the combinations introduce is the development of footwork. The format is limited simply because any good coach knows that to develop skills it is often necessary to isolate individual elements. The combinations are exactly that. They are simply a way to polish individual skills, very like the dummy, but with more variables to take into account. So given the choice of dummy training or partner training it has to be a partner every time. If you do not have a dummy, but have a reliable training partner, you are in a far better position than you may think!



Dummy Training
'Bong Sau'



WEB SITES

Here are the websites that you may wish to follow that may 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, please 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.

London Wing Chun Academy

Sifu Mark continues to release his popular [YouTube videos](#). Out every fortnight they give an insight into the Art we love. Please subscribe, follow and even make suggestions for topics you would like discussed.

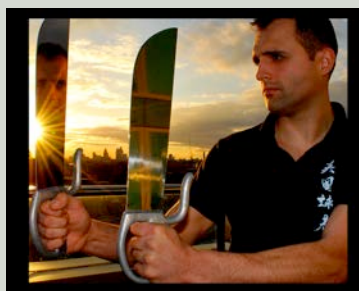


POTTERS BAR



Master James Sinclair was recently the guest of Northaw teacher, Peter Foreman. Although a very small class the students were enthusiastic and receptive to the information given. If you would like a club visit by the Assoc's Founder and Chief Instructor simply call to make the arrangements!

SNARESBROOK WING CHUN



Sifu Nick Martin has opened a new class in Snaresbrook North East London. If you wish to experience training under one of the best teachers available then get

yourself down to the class. Details can be found at [Nick's website](#).

NEW UNIFORM

The new style uniform is coming together now.

We have designed our new v-neck t-shirt that will be available soon.

We are sorry to say that it cannot be FREE with First Year Membership as stated last month due to a large cost increase. However, we will still supply the cotton t-shirt FREE as we have always done. [Click here to go to our shop](#)



Wing Chun Kung Fu 'MasterClass' Series (PART 1)

This is the first in a series of instructional material on video and DVD produced by the country's leading Wing Chun Kung Fu school, the United Kingdom Wing Chun Kung Fu Assoc. and features Master Teacher, James Sinclair.

The Series comes into being after many requests by students and public alike for a realistic and professionally presented private training system. This training DVD is useful for beginners through to instructors as a valuable reference resource.

This DVD also offers a great opportunity to those students unable to attend classes, allowing them to study the dynamic and effective Wing Chun Kung Fu system at home. Divided into 38 chapters for ease of study.

THIS DVD COVERS:
 - Chi Sau
 - Chi Sao
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern

UK's acknowledge that no DVD can completely replace a good teacher but it is hoped that you will find this series useful, inspirational and entertaining.

Many thanks go to Sifu Mark Phillips and Sifu Eric Wilson for their constant support and professionalism.

Copyright 1999 UK Wing Chun Association, Lubals Lodge, Hullbridge Road, Rayleigh, Essex. SS9 9QW.
 All rights reserved. No reproduction or distribution allowed without written permission. All other trademarks and registered names are the property of their respective owners.
 Telephone 0206 21850 or visit our website at <http://ukwingchun.com>

Wing Chun Kung Fu 'MasterClass' Series (PART 3)

This is the third in the MasterClass series of instructional material on DVD produced by the country's leading Wing Chun Kung Fu school, the United Kingdom Wing Chun Kung Fu Assoc. and features Master Teacher, James Sinclair.

The series comes into being after many requests by students and public alike for a realistic and professionally presented private training system. This training DVD is useful for beginners through to instructors as a valuable reference resource.

This Chi Sau DVD offers a great opportunity to those students unable to attend classes, allowing them to study the dynamic and effective Wing Chun Kung Fu system at home. Divided into 18 chapters for ease of study.

THIS DVD COVERS:
 - Distance
 - Friction
 - Forward Intention
 - Foot Step
 - Palm Step
 - The Change
 - The Change

We acknowledge that no DVD can completely replace a good teacher but it is hoped that you will find this series useful, inspirational and entertaining.

Many thanks go to Master Abid Mahmood and Sifu Zubair Khan for their constant support, professionalism and hosting the event at the Midlands HQ.

Copyright 2013 UK Wing Chun Association, Lubals Lodge, Hullbridge Road, Rayleigh, Essex. SS9 9QW.
 All rights reserved. No reproduction or distribution allowed without written permission. All other trademarks and registered names are the property of their respective owners.
 Telephone 0206 21850 or visit our website at <http://ukwingchun.com>

Wing Chun Kung Fu 'MasterClass' Series (Wallbag)

This is the second in the series of instructional series produced by the country's leading Wing Chun Kung Fu school, the United Kingdom Wing Chun Kung Fu Assoc. featuring Master Teacher, James Sinclair and other leading UKWCKFA instructors.

Releasing striking a wall and target (wall bags) are training tools for Wing Chun forms, patterns and Chi Sau. In this series, Master James Sinclair, the primary UKWCKFA instructor, demonstrates professional general hand and leg techniques.

Using a proven pattern design on the UK Wing Chun Wallbags, all students from beginner to advanced will gain a greater insight into their training. This material will benefit the student regardless of their current level.

Watch some fascinating 'Scenario Applications' - short scenario pieces, heavy bag, jute bag and strike bags, with an emphasis on Wing Chun principles.

This DVD also offers a great opportunity to those students unable to attend classes, allowing them to study the dynamic and effective Wing Chun Kung Fu system at home. Divided into chapters for ease of study.

THIS WALLBAG DVD COVERS:
 - Chi Sau
 - Chi Sao
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern
 - The 'Palm Heel' Pattern

UK's acknowledge that no DVD can completely replace a good teacher but it is hoped that you will find this series useful, inspirational and entertaining.

Copyright 1999 UK Wing Chun Association, Lubals Lodge, Hullbridge Road, Rayleigh, Essex. SS9 9QW.
 All rights reserved. No reproduction or distribution allowed without written permission. All other trademarks and registered names are the property of their respective owners.
 Telephone 0206 21850 or visit our website at <http://ukwingchun.com>

UK Wing Chun Kung Fu Assoc. Seminar Series - 2010

In 2010 the United Kingdom Wing Chun Kung Fu Assoc. celebrated 25 years as one of the country's leading martial art groups. Following the successful 21st Celebration the students once again gathered for a host of demonstrations and expert tuition.

This DVD contains six seminars on various aspects of Wing Chun training and numerous demonstrations. Featuring:

James Sinclair, Master Mark Phillips, Master Abid Mahmood, Sifu's Eric Wilson, Nick Martin, Ashley Phillips, Gary Cooper, Mark Saunders, Zubair Khan, Paul Spencer.

Divided into chapters for ease of viewing.

THE SEMINARS COVER:
 - 88 Forms To Kill
 - Double Sticks
 - Double Sticks
 - Double Sticks
 - Double Sticks
 - Double Sticks
 - Double Sticks

UK's acknowledge that no DVD can completely replace a good teacher but it is hoped that you will find this series useful, inspirational and entertaining.

Copyright 2010 UK Wing Chun Association, Lubals Lodge, Hullbridge Road, Rayleigh, Essex. SS9 9QW.
 All rights reserved. No reproduction or distribution allowed without written permission. All other trademarks and registered names are the property of their respective owners.
 Telephone 0206 21850 or visit our website at <http://ukwingchun.com>

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

info@ukwingchun.com