

17th Edition ~ Sept 2016

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



EXPRESS THE ART

Do You Simply Copy or Feel The Art?

Here James Sinclair discusses 'A Road Walked.'



As a martial arts teacher and practitioner it is my pleasure to watch others gain skills and demonstrate Wing Chun to a high level. What the Art needs are Wing Chun practitioners who can express the art to a level where the Art simply becomes part of their natural movement, and not people who still hold on to the fixed idea of others and simply become mimics.

The Art of Wing Chun is said to be simple, and when you watch a good practitioner this appears to reinforce that statement. However, you will find that anything executed to a high skill level is not simple to achieve and it is the untold hours of sweat, blood and tears that usually go

unnoticed. In fact in most activities it is the expectation that a performer make something look effortless. After every Olympics there is a surge in interest and attendance to various

martial artists are expected to have a certain degree of personal discipline

sports clubs, but when reality kicks in, and the effort required becomes a reality, the attendances drop and clubs are left with those individuals who have the ability to bear pain, emotional highs and lows, and are willing to forgo the modern culture of instant gratification.



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 outside of the UKWCKFA nationally or internationally.

IMAGINATION



Roy Quiddington

Training well on the dummy also requires good technical skill and visualisation.

A hard part for some is the Hong Jong or training the dummy form in the Air or 'Empty'.

Martial artists are expected and perceived to have a certain degree of personal discipline and be prepared to endure difficulties. They are seen by the public to be persons who have emotional control, who look after themselves and others and are prepared to sacrifice other activities in the pursuit of artistic skill or even perfection.

When a person takes up a new activity they may well wish to run headlong into it and attend classes 3-4 times per week. They may change their diet, exercise in other ways such as jogging, weight training and yoga to better facilitate their chance to improve. All of this brings about a profound change in character, to the point where others notice. It can also go to the levels of obsession and break down existing relationships and ruin a persons social life. So the answer has to be balance, not total one mindedness all of the time.

I certainly used to lose myself in training and for far too many hours a

day. It was what I loved and I never really saw it as hard work because the pleasure in the practice outweighed the tiredness, muscle aches, etc. As I trained everyday on every aspect of my training, broken down into 3 or 4 distinct workouts, I did not find that I suffered from regular injuries and strains.

Being young when I started my body just adapted to the efforts I placed upon it. The major difference to modern day youth was that I never trained my physique for public image. My physical condition was simply a result of Wing Chun Kuen training. The calisthenics, bag training and turning developed core strength with the benefit of being able to take a strike. My yoga training was to encourage comfortable ranges of motion and my cardio training was for endurance to enable me to sustain higher quality sparring, training over longer periods to build skill and experience .



Whilst training I would focus on a task where nothing could distract me. I did not acknowledge that I was most likely a little crazy! I felt at the time that it was just a case of acceptance that I had to work hard to achieve my unknown goal. And therein lies the problem. With no competitions, no medals, no world records it was a ridiculous focus.

One time I was travelling to my training location on a train and met my former schoolmate Terry Marsh (who became World Welterweight Boxing Champion). He was in hard training for the British title fight and, as to be expected, we discussed training. He even asked to see my abs and then asked a very simple question. "Why do you train so hard?" He spoke of his goal and that he had a team around him

to help realise that dream, the only answer I could come up with was that I wished to be as good as I can. That was it, a personal goal, no more no less, and sadly a goal I don't think can ever be achieved.

This is possibly why I respect sports with goals, titles and competition because there is no argument with measurable achievement.

I have found and continue to meet Martial artists that can be very provocative and speak lightly of killing, hurting and injuring people, they appear happy to tell anyone how dangerous they are. They have a tendency toward stating how good they are and stating that others are not good. I have a huge issue with that attitude. There are many levels of good



Guidance Is All Important

Train hard with focus. Always have a goal and train with direction.

1. Peter Foreman and Grandmaster Ip Chun
2. Master Abid Mahmood oversees Cornwall Wing Chun teacher Richard Pomfrett.
3. Young students are the future.



Sifu Paul Spencer
Grays Branch and
Sifu Mark Solomons
Chelmsford,
Colchester and
Harlow





Zubbiar Khan is the Walsall & Wolverhampton Wing Chun teacher. if you live in those areas, check him out.



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

and a person may be better than another, but that does not make the other 'not good'.

people and also helped some to make it their life journey too. This is my greatest Wing Chun Kuen achievement, the development of others.

My chosen Art of Wing Chun Kuen is sadly one of the worst for hyperbole with lots of colourful characters happy to shout, swear verbally assault and tell every person how good they are. To this day I have no idea how good I am, or was in my youth, as there was no way to know. However, I do know I tried to be a true martial artist and tried hard to be positive about the Art and stand up for it when given no choice. I have spent my life promoting the Art of Wing Chun Kuen and taught many thousands of

As a quick aside and just for the record, to all the Wing Chun practitioners who state their Wing Chun is too dangerous to test. Wing Chun is not too dangerous for MMA Just like any activity that is civilised and has rules, a person has to prepare correctly and accept that some of their skillset will be restricted or removed altogether. BJJ, Muay Thai, Wrestling, and Boxing all have the capacity to use 'dirty' techniques that are not

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

<p>MASTERCLASSES NATIONAL HQ THIRD SUNDAY 1-4PM MASTER JAMES SINCLAIR £50</p>	<p>SEPT 18TH 2016 <u>SPARRING</u> THE LINK</p>	<p>OCT 2016 CHI SAU THE ESSENTIALS</p>	<p>NOV 2016 KICKING SKILLS</p>
	<p>SUN 18th The most beautiful and dynamic aspects are covered to help you spar using Wing Chun specific skills. This seminar is 4.25 hours long and costs £65</p>	<p>SUN 16th The most essential training in Wing Chun Kuen is within Sticky Hands. Develop these skills to unlock your potential.</p>	<p>SUN 20th James Sinclair has always been well respected for his kicking and footwork. Now you have a chance to polish your skills from the ground up.</p>

allowed in competition. The competitors all have to exercise tremendous control, self restraint and self discipline all regarded as positive qualities in a martial artist.

EMPTY HAND FORMS

One of the aspects of almost all Martial Arts is the requirement to learn 'forms' patterns or kata's. These sets of movements are basically choreographed sequences of movements that another person or even generations of people decided were essential in the development of their chosen art. The importance an art places upon the forms varies greatly. The forms of martial arts range from the purely artistic, highly elaborate sequences to imagined fight scenes. They can vary from school to school and everyone can be correct in their own opinion or interpretation.

It could be argued that the Martial Art Forms are no different to a dancer practising and repeating certain steps in order to make them natural and effortless. Eventually the dancer can put them together when required by the choreographer and can express themselves in a manner that is beautiful to watch.

The fixed patterns of martial arts forms follow this analogy to certain extent, however,

they also contain a lot very important ideas, theories and skills that can be used in the ever changing and rapidly moving arena of combat. A dancer can put skills together freeform, but is more often required to dance to the idea and artistic expression of the choreographer. The skill is to make this movement look natural and their own.

Ultimately a dancer has to *perform* beautifully whilst a martial artist has not only to perform beautifully they have to *react* beautifully in non choreographed situations where the other person is trying to overcome them. The forms are something that are studied, practiced to the nth degree and then applied in live partner training.

The Wing Chun Kuen forms, however, are quite different to other martial art systems in that you are NOT facing an imaginary opponent.

A non practitioner, observing Wing Chun forms will not be helped to understand the intention of the Art by observation alone. Just take a beginners look at the Wing Chun Kuen Siu Nim Tao, form where the lower body is stationary and the trunk barely moves. You would have little or no idea of what the intention was. And yet it was developed by highly educated and dedicated martial artists who cleverly choreographed training approaches to help future generations of Wing Chun

"if you cannot 'see' yourself performing well, it is unlikely you ever will"



The Wing Chun Rolling Punch

students develop their combat ability.

As a student progresses in Wing Chun Kuen it becomes evident that the forms are a superbly clever 'technical vault' containing the essential theories of the Art and understanding of body mechanics that are required to be emphasised to students and reminders to oneself in chi sau, sparring and combat.

Any person with a mind toward teaching would be well advised to focus on the forms to enable them to structure their teaching and build a 'catalogue of material' that is essential to help others. If you only wish to fight, and have no interest in teaching the art, then neither striving for perfect forms, in terms of artistic delivery, or grading results, will make much difference in your journey but you *must* have a comprehensive understanding of the content and intended application.



The UKWCKFA has only two compulsory grading for students and three for teachers. Any grading after the UKWCKFA 2nd syllabus is driven by the ambition of the student alone and facilitated by the coaching of their teacher. Many of the UKWCKFA students have completed the formal Art but not taken the higher level tests., others enjoy the goal oriented approach and like to challenge themselves. However all of our gradings feature the forms, but it is possible to pass the gradings without passing this element. This is to esigned to help botht he 'Artists, and the 'Fighters' have their day.



FORMS TO FIGHTING

When martial art forms are understood and trained diligently that effort should enable the practitioner to 'flow' from any part of any form ad-lib. This can then become '[shadow sparring](#)' and facilitates the ability to improvise at any time with one skill or another naturally. This develops the ability to 'see' the moves in the air, to visualise the opponent and move at will with tremendous fluidity.

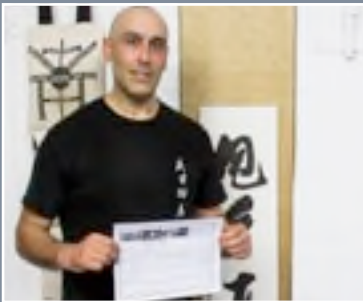
It is a simple fact that if you cannot 'see' yourself performing well it is unlikely you ever will. Luckily for most people they can dream of performing well, the next step is to make the transition from thought to action, to move freely with no inhibitions, and then working with great training partners to learn timing and distance judgement.

If you have no problem moving freely and seeing Wing Chun in your mind, and you can move freely with great speed, balance and poise but cannot apply skills in sparring your problem is then in the partner coaching your

teacher conducts.

The ability to visualise and use shadow sparring skill is of tremendous value. One of the most important is not only the ability to move well, but to move in a manner that is stylistically representative of the 'image' of the Wing Chun Art. This then allows for a more direct ability to apply these skills when training with another Wing Chun practitioner. Together the result is true beauty for those who care and appreciate the art of the system. With more time and effort you can see the Art even when training with practitioners of other arts.

GRADING PASSES



My personal feelings towards forms are somewhat ambiguous as on one hand they contain the heritage and framework of the style, and on another they are often held up as a never changing idea of artistic perfection which cannot be improved upon and I feel that this attitude stifles continued development.

My friend Grandmaster Wan Kam Leung has forms representing his Wing Chun that are radically different to my own, the huge back leg thrust kick in his Chum Kiu is refreshing and simple, but a huge change to most Wing Chun lineage interpretations, and my friend Dr Robert Chu asked me why I don't sink and float in my Siu Nim Tao. I told him that I 'perform' in a particular manner out of respect to Grandmaster Ip Chun and train another I further stated that if I brought into the forms my various experiences coupled with the fact that I am not Chinese, there would be a large swathe of people who would simply not understand and make

claims that it is no longer Wing Chun. He laughed and had to agree!. When we touched hands however he knew I could apply all the concepts we discussed.

HONG JONG

Wing Chun Kuen is famous for the Wooden Dummy training and, once again, this form of training necessitates an ability to develop your skills to a level whereby one can train in a freeform manner and express the Art uninhibited. It is also common among the many Wing Chun Kuen lineages that students should practice the Hong Jong or 'Empty Dummy' form for their teachers and often as part of test or gradings.. Many students find this incredibly difficult as they become focused on the wood and the sequence and not the movement.

As part of the UKWCKFA syllabus the 5th level grading is focussed on the Wooden Dummy and a section is



devoted to the Hong Jong display. Only 4 people have ever taken this grading in 30 years and all felt completely exhausted after a few repetitions of the empty form. The physical effort to control the points to stop should not be underestimated. The only four are Master Mark Phillips, Master Eric Wilson, Sifu Kevin Oldman and the late Sifu Bobby Beach.

NEWS NEW NEWS

The UKWCKFA can once again be proud of the achievements of its members. There have recently been a number of first and second level grading with some very good results achieved. This is great and bodes well for the future as we look forward to the development of new senior level students and possibly teachers.

A special mention should go out to Steve Hunt who passed the 2nd level grading at 60yrs of age. That is

great and what makes it more special is that Steve managed to build great club spirit and arranged to use the National HQ for his classmates own private practice at weekends and they continue to get together even after the event.

UK Wing Chun Gathering

Sifu Nick Martin has represented the Assoc. at the 5th UK Wing Chun Gathering in Birmingham. Along with a number of other well respected teachers Sifu Nick impressed all with his professionalism and energetic approach. It is particularly satisfying to the Assoc as a whole as Nick is the 3rd representative to have come from the UKWCKFA and demonstrates that we are an Assoc. with depth and consistently produce good students.

Sifu Nick also took part in the Great North Run. Whilst he did not beat Mo Farah, he did perform well and raised money for good cause.



ART IN ACTION



Steve Hunt

National Hq student who has built the spirit of the class and never quits.

Nick Martin Sifu

Wing Chun teacher Nick Martin has a growing student base with his practical no nonsense approach.

[Sifu Nick Martin](#)

Philadelphia Wing Chun Event

Sifu Mark Phillips continues his jet setting with two recent trips to spread the Wing Chun word. His first trip was a revisit to Portugal where once again he impressed with a great teaching session.

Sifu Mark's second trip took him to Philadelphia in the USA for a multi-teacher seminar. Mark admirably demonstrated his skills and knowledge of the Art of Wing Chun Kuen to practitioners from all over the USA giving them an insight into the UKWCKFA approach. Once again Sifu Mark impressed so much that there are already talks of another seminar next year.



The v-neck t-shirts have beautiful vibrant colours, sweating wicking material and a silicone band in the waist to help stop it rising. Although only one class has seen them, virtually every student purchased one or two. A number of students are buying these a size small as they are similar to rash-guards and cycle wear and if you have a good physique they show it off well. Others prefer a looser fit and buy their regular or size larger. From what we have seen they look great either way.

One poor student was found in the HQ lobby 'stuck' with the v-neck t-shirt on his shoulders and could not get it off. Do not try to pull these shirts off like a cotton shirt as the silicon band holds and you will find it difficult. Simply lift upward by holding the band!!!

SPARRING SEMINAR

James Sinclair be teaching in London for the first time in many years. James has been invited to conduct a seminar for another Association's members. He will teaching his unique approach to Sparring and taking a Q&A session toward the end of the event.

As the seminar in London is already fully booked, if you wish to cover these skills, James will be conducting a 4 hour seminar on [Sunday 18th September](#) at the Rayleigh HQ. This is open to students of all levels and will cover many aspects of this fantastic Art. James has developed unique training drills to help your development. The seminar is from 1-5pm and costs just £65.

AT LAST....

We have finally received the new tracksuits and new style [V-Neck poly t-shirts](#). They look great and are available through your teacher or from our website.

Visit our online shop [here](#)

The [NEW STYLE TRACK JACKETS](#) are due in around the 2nd week of September. Again they are great, very good quality, strong lining and deep pockets. The printing is superb and a great addition to your Wing Chun wear.

Finally the bronze v-necks and bronze jackets are available to any person. You do not need to be a member of the UKWCKFA to purchase one. All we hope is that you wear it with the same enjoyment as our own students.

TRAIN HARD AND TRAIN SAFELY



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