

18th Edition ~ Dec 2016

# 英國詠春功夫會

## UK WING CHUN KUNG FU ASSOC



## ENHANCING TRAINING THROUGH NUTRITION

An Often Neglected Area Of Self Development.

Sifu Mark Solomons Discusses Good Prep For All Of Your Training Requirements.



Do you sometimes feel you run out of steam before the end of a class? course, this could be to do with a lack of fitness but have you thought about how you fuel your body?

You may sometimes find that you lack energy to start your class or you feel drained for hours afterwards. Even if this not currently happening, it is a good idea to have a structure to fuel your training and to recover as quickly as possible afterwards. This applies equally to any supplementary training you may undertake, such as gym work.

Many people realise that good nutritional principles underpin

their activities and lifestyle. Here are some ideas as to what to eat before and after training/exercise.

Eat Well

Think Well

Act Well

Stay Well

### Pre Training

Ideally, you should aim to eat 2-4 hours before training so that you have enough time to digest the food. However, this may not always be possible owing to work schedules and the time of your class.



**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.

# SIFU MARK SOLOMONS



Sifu Mark Solomons

Sifu Mark has been training in Wing Chun since the 1980's and is one of the most experienced WIng Chun teachers in the Assoc. He teaches in Chelmsford Colchester, and Halow in Essex and can be found at [wingchunessex.co.uk](http://wingchunessex.co.uk)

If you leave too long an interval between eating and training you run the risk of low blood glucose and this will affect your performance.

Generally, low Glycaemic Index (GI) foods are the order of the day as they will release their energy more slowly thereby providing a sustained source of carbohydrate throughout exercise.

Here are some examples;

## Pre-Workout MEALS

2-4 hours  
BEFORE training/exercise

*Sandwich/roll/bagel/wrap filled with chicken, fish, cheese, egg or peanut butter and salad*

*Jacket potato with beans, cheese, tuna, coleslaw or chicken*

*Porridge made with milk*

*Wholegrain cereal with milk or yoghurt*

## Pre-Workout SNACKS

1-2 hours BEFORE exercise

*Fresh fruit, dried apricots, dates or raisins*

*Smoothie or yoghurt*

*Energy or nutrition bar*

*Fruit loaf or raisin bread*

So now you have fueled the body and finished your training, it is time to discuss 'recovery'. The body always tries to find balance (homeostasis) and will also aim to adapt to the stresses and strains of vigorous exercise by taking 'fuel from your liver and muscles to keep blood sugars within a controlled margin to ensure the brain is able to function correctly. If sufficient 'ingredients' are available it also repair the muscle and try to help them grow. Correct nutrition is absolutely essential.

Enjoy Vivid  
Colours In Your  
Food



## POST TRAINING

The best time to start refueling is as soon as possible after training/exercise, certainly within the first two hours. You will need to choose carbohydrates with a moderate or high GI to get glucose into your bloodstream fast. It does not matter if the carbohydrate is liquid or solid.

Combining carbohydrate with protein has been shown to promote glycogen (the storage recovery more effectively than carbohydrate alone.

The combination of protein and carbohydrate promotes the release of insulin, which stimulates muscle glycogen replenishment as well as the transport of amino acids into the muscle

cells.

Some ideas that you may wish to incorporate are:

### Post Work Out MEALS

within 2 hours AFTER exercise

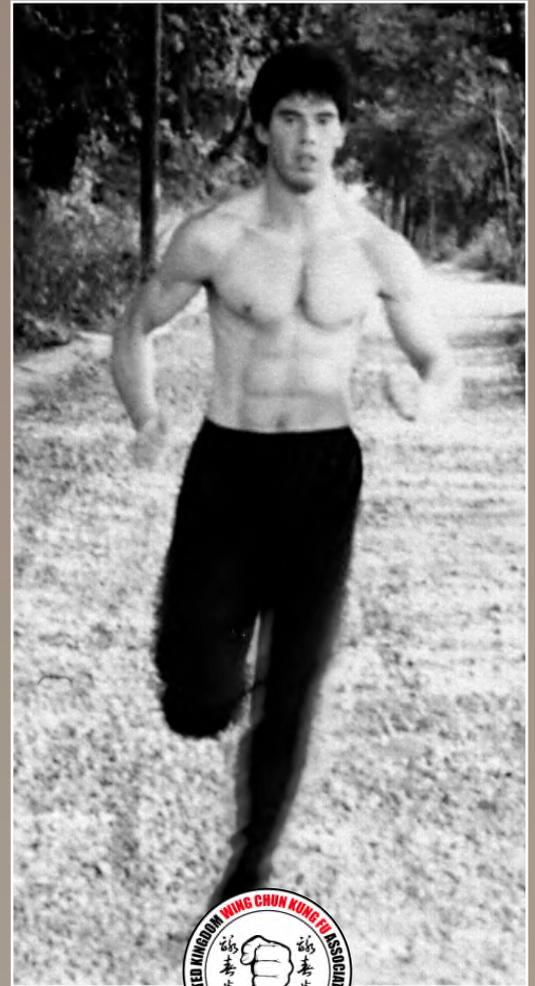
*Meal replacement shake - a balanced mix of maltodextrin, sugar and whey protein together with vitamins and minerals*

*1-2 portions of fresh fruit with a drink of milk*

*1 or 2 cartons of yoghurt*

*A sandwich/bagel/roll/wrap filled with lean protein - tuna, chicken, cottage cheese or peanut butter*

*A jacket potato with tuna, baked beans or cottage cheese*



# HEALTHY PLATE

## Vegetables

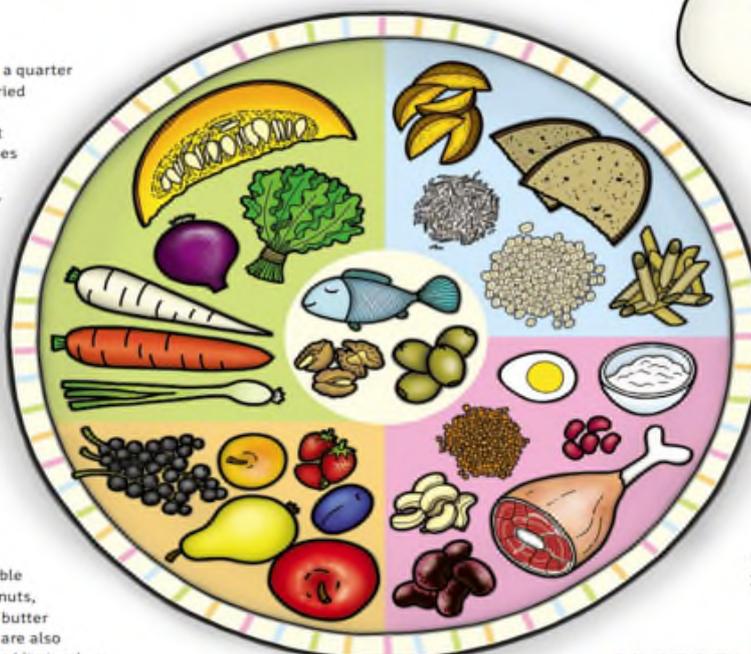
Vegetables should form at least a quarter of the food we eat. The more varied the vegetables and preparation methods, the better. Chips don't count as vegetables, and potatoes belong to the polysaccharide group, because of their content.

## Fruit

Fruit is the second quarter of the plate. The healthiest and most nutritious is to eat a range of different types and colours that are in season. You can substitute fruit by eating vegetables instead.

## Oils and Fats

Oils and fats are the most valuable in healthy super foods, such as nuts, avocado, and fish. Good quality butter and cold pressed vegetable oils are also suitable. Don't eat margarine, and limit other industrially modified fats and oils.



## Drinks

The best drinks for you are pure water and unsweetened tea. You are better off leaving sweetened drinks out altogether.

## Polysaccharides

Polysaccharides are best in their natural form. For example, millet grains, oats, rye sourdough bread, and wild rice. It is important to limit the amount of processed white flour products that you eat.

## Protein

Good protein is from fish, beans and legumes, nuts, seeds, soured milk products, eggs, and meat. A better ratio of vegetable protein would benefit almost all of us. Choose according to taste and your nutritional philosophy.

## Lifestyle

Overall, natural and locally produced bio foods are better than processed or ready meals and low quality mass-produced and imported foods. In addition, you should also get some exercise outdoors, sleep well, spend time with friends, and be in a good mood!

[www.healthyplate.eu](http://www.healthyplate.eu)



手  
 籍  
 手  
 無  
 地  
 走

Protein, Vegetable and Fruit Shakes have become very popular in recent times. There are vegetarian, gluten free, and dairy free options too.

*'Strength does not come from winning. Your struggles develop your strength'*

*A handful of dried fruit and nuts*

*A sports bar containing protein and carbohydrate*

The optimal post work out meal or drink should include 20-40 grams of protein and 60-120 grams of carbohydrate, whether from solid food, commercial sports drinks or bars. My personal favourite is chocolate milkshake. This contains approximately the right ratio of carbohydrate to protein and the high GI value will ensure rapid

absorption

Carbohydrate should be the foundation of your post work out meal, with some protein and healthy fats supporting your recovery and muscle rebuilding or growth, depending on your training mode, between training sessions.

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

Some of you may supplement your Wing Chun training with some resistance work, either bodyweight or free weights etc. or carry out aerobic type activities. After exercise, you will need to replenish

MASTERCLASSES NATIONAL HQ THIRD SUNDAY 1-4PM MASTER JAMES SINCLAIR £50	DEC 11TH 2016 HAND COMBINATIONS FOR GRADINGS	JAN 15TH 2017 CHI SAU THE ESSENTIALS	FEB 19TH 2017 SIU NIM TAO
	<b>SUN 11th</b> <b>NEW..</b> Focussing on the grading material required for the 2nd and 3rd Level combinations. Incorporating the dummy and sparring relevance.	<b>SUN 15th</b> The most essential training in Wing Chun Kuen is within Sticky Hands. Develop these skills to unlock your potential.	<b>SUN 19th</b> The foundation of the art explained in great detail. Showing the many different interpretations of the Art from different schools.

glycogen stores in your muscles to aid speedy recovery and regain energy levels.

If strength training, you will need to include some protein for muscle repair and growth.

There are many 'sports' drinks on the market, some better than others, but it is possible to make your own at a fraction of the cost.

### Strength training

Remember that combining carbohydrate with protein has been shown to promote glycogen recovery more effectively than carbohydrate alone. You will need a blender or hand held mixer for this drink.

- 300 milliliters of semi skimmed milk
- 1 medium banana cut into slices
- 1 (125g) pot of low fat fruit yoghurt
- 4 X tablespoon of milk powder (bought from any supermarket) - aim for low fat!

This will provide the correct mix of carbohydrate and protein whilst at the same time keeping fat levels acceptable. The drink will provide between 400 to 500 calories depending on size of banana and level of powdered milk in each tablespoon.

### Aerobic training

The aim of these drinks is to replace fluid faster than plain water or to provide more carbohydrate to aid recovery. Drinks will either be Hypotonic or Isotonic. Try both to see what you prefer.

*Hypotonic:* This contains fewer carbohydrate and electrolytes per 100 ml than the body's own fluids. The drink is absorbed faster than plain water.

- 250 ml fruit juice
- 750 ml water
- ¼ teaspoon salt (optional)

*Isotonic:* This contains about the same amount of carbohydrate and electrolytes per 100 ml than the body's own fluids. In theory, this drink provides the ideal compromise

between rehydration and refuelling.

- 500 ml fruit juice
- 500 ml water
- ¼ teaspoon salt (optional)

This article has provided some general guidelines, so you will need to find out what works for you.

Mark Solomons is a Fitness Coach who can provide personal dietary guidance and training schedules to enhance your health. He is also to teach Wing Chun privately.



Call 07791 167011



Training Is Not  
Pretty!

## WALLBAG TRAINING (SAU BAU)

by James Sinclair

Students of Wing Chun Kuen should have been training for at least 3 months before starting wallbag sessions. By this time the punching with the CENTRE LINE PUNCH (lin wan kuen) and the many other hand strikes should be correctly aligned and executed, the power in each punch will have increased and the need to build strength in the wrist and condition the various striking areas of the hand will now be important. However, it must be realised that many students may be more willing than able to undertake this step. It is, therefore, very important to proceed steadily and carefully.

When hanging your bag be sure to place a piece of carpet or linoleum behind it in order to prevent wear and tear caused by friction with wall, and make sure the wall is sound! A tree is also perfectly adequate, but please protect the tree from damage.

Start with the top section of your bag adjusted to be above shoulder height when in your basic stance (yee chi kim yeung ma). Using this as a guide will increase shoulder strength for upper level strikes.

### TOP SECTION



Fill this top section with very hard dried beans. At our HQ, in Rayleigh Essex, we have experimented with many types and found English Maple Peas to be very good. They can be purchased

from animal feed stores and are not expensive. The problem is you will have to buy a 20kilogram bag. Don't worry it is likely your Kung Fu brothers and sisters may well purchase single section quantities from you, or you could feed horses!

### MIDDLE SECTION

The second and third sections of the bag should be filled with dry, sharp sand which requires a weighty punch for penetration. The sand simulates the body punches and builds up your back strength.

**CAUTION:** Do not use fine grained sand as the dust could damage your health, some builders sand is coloured and will stain your hands when you sweat, and NEVER punch a damp wallbag.

**Do NOT fill your bag with ballbearings,** you will simply cripple your hands. We do use ballbearing but in a small handheld cloth bag, and just smash the hand into it as if you were clapping, but with your fist. Dit Jow treatment and massage must be carried out after all strike training.



The UKWCKFA released a [Wallbag Training DVD](#) which covers the massage and hand treatment required.

### DISTANCE

The first thing to do is to establish the correct distance for your training. The wallbag represents a solid object at 'conversation range'. This is also the distance used in chi sau, the dummy and confrontation where the victim does not wish to fight and the aggressor moves into their personal space.

Sitting in a relaxed stance, check distance by ensuring you can reach the middle section with your side palm with the elbow one fist distant from the body.



## GETTING STARTED

### STRAIGHT PUNCH



Start by laying your fists into the bag, do not attempt to punch too hard too soon. Allow the skin to toughen, particularly between the small and third finger.

When first training always attempt to strike the centre, laying the knuckles of each fist into the same position. You do not need to clench a tight fist at all. You need only lay the knuckles gradually heavier into the bag. Over time, punch harder and form a better, stronger fist. The wrist and forearm are

the key to powerful short range punching, both in transferring your effort and protecting your own body from the impact.

You will need to straighten out the bag occasionally by gently shaking it against the wall/tree. You should be striking the bag with a flat fist and only elevating the fist AFTER contact in order to penetrate and add the 'ging'. This will also protect the little finger from damage.

Maintain a good stance and drive your punches gradually harder into the bag, do not pull the punches back, just relax.

## SIDE CHOP

Once you get the 'feel' of the straight punch try a chop. On the right panel you can see the start position of 'Throat Cutting Hand'. Try to generate power by using the wrist movement. This is the same idea as the punch, Gaan Sau and Laan Sau just the plane of movement is different. The same rules apply, start slowly and build up...

This technique is very common in Wing Chun's chi sau or 'sticky hands', where every student who manages to get on top of his partners hand tries to chop the throat! The shape is important as it must be effective as the opponent will drop their chin to save themselves from harm, even if both arms are trapped.

### FRONT PALM STRIKE.

This is a very common weapon to most barehanded combat systems. Again the power from short range comes from an explosive drive of the heel of the palm, bringing fingers back toward yourself very quickly. This is most effective striking upwards, where it

### SIDE CHOP



makes contact into the natural contours of the body.

Particularly powerful into the septum of the nose, the bridge of the nose, the cheekbones and orbit below eyebrow.

There are many more strikes to train on the wall bag, below are just a few to get you started.

There is great variety in the strikes on the wallbag. You should play with distance and vary heavy and sharp explosive forces, vary distance and depth of strike. Of course you also have turning punches and the rising and lowering of the body in strikes. Finally you can also practice your kicking and balance. This is just an introduction, for a more detailed understanding think about buying the [wallbag training DVD and wallbag](#) to compliment your progression.



## FRONT PALM



## DOWNWARD CHOP



# News

As we close off 2016 it is a pleasure to know that a good number of students have accepted the challenge of taking their gradings. Unlike most groups we only have two compulsory grades in the UKWCKFA which are purely in place to separate classes into beginners, intermediates and advanced. After that it is your choice to challenge yourself.

We have a number of new branches and new teachers on the Instructor Training Programme. This helps us keep the standard high and although we grow slowly, we like to grow with quality.

[Master Nick Martin](#) has held onto the Imperial College London branch despite severe financial cutbacks and internal politics. The students at the Uni wholeheartedly supported Nick and we are proud of his efforts. You can't hold talent back.

[Master Mark Phillips](#) has again travelled to Greece and Portugal promoting the Art of Wing Chun with the syllabus of the UKWCKFA. He is due to teach in the USA again in early 2017. Master Phillips' YouTube presence is growing as he releases more thought provoking material on a weekly basis. Check out his channel [Fight Science](#)

James Sinclair taught [Master Abdul Malik's](#) (Garry McKenzie) students in London and was humbled at the kind response he received. This was the first time he had taught outside the UKWCKFA in many years. Thank you also to Master Abid Mahmood and Sifu Zubbiar Khan who travelled from the Midlands to support James at the event.

Sifu Zubair Khan has now relocated to Glasgow in Scotland and is opening a class there. He can be found through [wingchunscotland.net](http://wingchunscotland.net) A great teacher and very experienced, don't be put off by his very humble nature, the loss to the Midlands area is Glasgows gain. If you train or want to train in the Glasgow area, visit him, you are assured of a warm welcome.

The new design [V-Neck poly t-shirts](#) and Jackets are now in stock and available to purchase online.

There has been a lot of positive feedback and we are

grateful to those of you who posted comments on our website. It does mean a lot that the work we put into the design is being appreciated.



The [NEW STYLE TRACK JACKETS](#) look great, very good quality, strong lining and deep pockets. The printing is superb and a great addition to your Wing Chun wear. These jackets are to be worn over your tracksuit so they are longer in the body and arm. Students are arriving to class looking very sharp, and leaving knowing the jacket will keep the cold wind from cooling them down too quickly.

Finally the bronze styled v-necks and 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.

## HAPPY HOLIDAYS FROM THE UKWCKFA TO ALL



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