

20th Edition ~ June 2017

英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



CHI GERK

No Often Seen, James Sinclair Discusses This 'Sticky' Problem....



Thank you for supporting us over the years. It is hard to believe that we have now reached our 20th edition.

In this edition we will focus on a topic that is rarely discussed. Chi Gerk or 'Sticky Legs.

As an avid Wing Chun audience you will be familiar with the idea of sticking and the term 'Chi' to describe it.

For our less experienced reader it would be appropriate to discuss this in a general manner before discussing specifics.

The term 'Chi' in Chi Sau, Chi Kwan, Chi Jong, Chi Gerk is not the same as the western notion of Chi Energy often

seen spelt Ki or Qi and in Cantonese stated as Hay.

Whilst there are some

Eat Well

Think Well

Act Well

Stay Well

elements in the Chinese characters that are similar they are not the same, and do not, therefore, describe the same meaning.



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.

CHI GERK



Chi Gerk Stop Kick

The traditional character for CHI or KI or Qi ENERGY is

氣

whilst the chi portion in Chi Sau is represented quite differently.

CHI SAU
黏手

The meaning of Chi in terms of Wing Chun training relates to 'following'. Put simply, sticking to the opponent is an attempt to offset any danger and create your own opportunities to overcome or subdue your opponent, whether that be in the hands, the legs, the pole or training skills on the dummy.

Sticky legs is the skill of controlling the opponents legs to prevent kicks, sweeps and throws whilst looking to counter with similar techniques.

The classical image of Chi Gerk consists of two practitioners standing on one leg. Whilst this will happen, it is preferable to understand that legs or primarily for standing, and it is of little to no use use to constantly remain on one leg.

Ip Man was well known for his kicking skills, which is hardly surprising when you consider he was very young when he first trained. All 'kids' love to kick! He particularly liked to kick high through the centre in double Chi Sau. This requires considerable experience, balance and flexibility and he would have had to have been a dedicated student. The hand skills must also be of good standard to be able to nullify the opponent to enable safe kicking at such close range.

Generally, standing on one leg in Wing Chun is not seen as practical There is a saying that goes along the lines of 'Legs Are For Standing On'. This really means that at the close quarter range of Wing

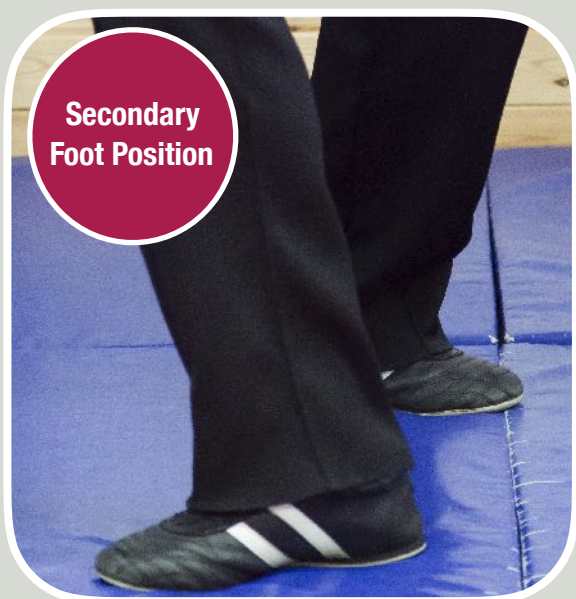


Basic Foot Position



Chun training there is a high risk of being pushed and pulled off balance when in a 'clinch', something we refer to a Chi Sau.

This may explain why there appears to be a lack of any emphasis on kicks by many Wing Chun teachers. It takes a lot of hard work...!



CHI GERK: EXERCISES

Before you begin to consider Chi Gerk training as a skill, you should consider the preparation.

Chi Gerk is a a demanding training method and as such should be prepared for correctly.

Like all training the participants will benefit by getting themselves fit for the activity.

Whilst the UKWCKFA syllabus generally considers the scenario of each partner standing on one leg very limited, this position can be used to great effect if accepted for the inherent inadequacies.

Over the years James Sinclair has developed specific resistance exercises for Chi Gerk Training. These exercises will build the strength in the legs, hips, improve balance and improve low kicking as a consequence. These exercises are good for all sports and add another dimension to training to stop becoming stale.

One of the most important aspects of teaching a class is to get students to work hard together and build strength and club spirit, the exercises outlined next will certainly help.

During all of these warm exercises make no sudden movements. These are purely exercises used to gradually build strength against increasing pressure. Your balance will improve too. Do not push or pull with the arms.





Warm Up 1:



Both partners raise their left leg and place the outside of the upper legs (femur) parallel to each other and parallel to the floor. The students push away from the centre to the outside against each other. Good for hip strength. 20-30 seconds resistance.

Train both legs. 3 sets

sets.

Warm Up 3:

Students place their legs in contact at the calcaneus tendon by hooking their foot behind from the inside.

Both raise their legs. this can be carried at various heights from floor, however, they must start in centre space between them.

They then pull their heel toward the outside of their supporting leg.



Warm Up 2:

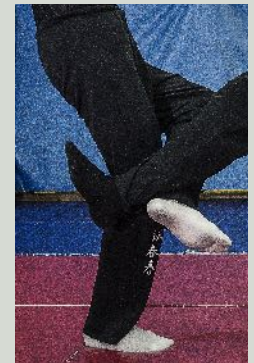


The exercise is reversed in order that both partners have the inside thigh running parallel to each other and parallel to the floor. They then push toward the centre. 20-30 seconds resistance.

Train both legs. 3 sets



The students can pull against each other as a test of strength or offer resistance throughout the range of movement. Great for building the hamstrings.



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Warm Up 4 :



Start with the Left heels hooked once again at the achilles/ calcaneus tendon. However, this time from the outside of each

others leg.

The pull direction is now toward the outside of the body and toward the buttock. Similar to Judo throws.

Warm Up 5 :

One student steps with his left foot on top of the other students left foot.



With the knees held high the person in the top position presses down steadily offering power. The other student tries to resist.



This is a hard exercise for the person in the bottom position, therefore it is important that the pressure is steady and sensible,

offering good resistance but not so much as to cause total failure.

The person in the top position then continues to offer resistance whilst



JUDO OR BIU TZE SWEEP?

allowing their partner to lift their foot back to the starting position. Both people, both legs and 3 reps.

There are many variations on these simple warm ups, and we feel sure you will expand upon the few we have outlined here.

The Chi Gerk video we made in 2012 has a great collection of functional exercises to help your kicking and sticky legs power.

After all of those one legged balance exercises we will now discuss the Chi Gerk in functional terms.

**Legs Are For...
Standing On!**





CHI GERK: SET UP

In the UKWCKFA it is felt that starting Chi Gerk on one leg is impractical and of limited value. Instead, we begin with both parties placing their legs on the floor, with the lead legs 'locked' into each other by turning the lead foot in.

The arms are placed lightly onto each others shoulders and not the forearm to forearm contact typical of chi sau. This is because the hand skills would take priority and here we wish to concentrate on leg skills.

Both partners place considerable pressure in the lead leg putting pressure into their opponents stance through the knee. Student who have a poor stance will soon correct it!

It is common for Wing Chun students to sit too far back with too much weight on the back leg. This results in the lead leg being too straight, and their knee becoming vulnerable to serious damage.



In this simple start position it should be hard for your training partner to initiate a kick or sweep without indicating their intention. It should also be very difficult for any type of groin kick to be available toward you.

This 'stuck' position is a great start. From here you will begin to follow any attempt at distance change and be able to adapt to it.

It is important to realise this is not Judo. Wing Chun practitioners should always use the hands to strike and use kicks and knees to the lower limbs.

Do not attempt to pull and push at the start of this type of training. In due course you will take away these restrictions and experience how you cope in those situations.

Whenever, there is considerable distance in the space between you, there is an hugely increased danger of being attacked. For instance some students jump both legs back and risk a groin kick.

If you lean forward you risk a powerful knee strike to the solar plexus region.

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





TOO MUCH SPACE!

From the start position it is best to select an 'A' and 'B' as individuals. Firstly get the 'A' student to try to break away, kick, sweep and knee. This should be practiced at a slow steady pace.

If you wish to improve your repertoire of skills it is best not to proceed too quickly. At a slow pace the 'B' partner should be able to offset dangers as they start to emerge, they should also be able

to see the opportunities for counters.



SHORT FOOT STOMP

Skill is not knowledge alone, it is knowledge and hard work.

Coaches are expected to have knowledge, but cannot always be expected to be more skilful than their own proteges.

The best coaches would be individuals who combine considerable technical knowledge, their own high skill level, together with a full understanding of how to coach this to others through good communication.

It is important in all training to make time for skill acquisition improvement. This type of training is not started at full speed. The speed, strength, ferocity etc. are all gradually increased.

The aim is to improve the level at which you 'break', improve the point where stress causes a noticeable loss in your ability to cope, or lose of your ability to use skill over strength.

What you are aiming to achieve is the creation of a progressive training environment to enable experimentation safely, and to be given the opportunity to try new techniques. This is absolutely necessary if you are to move forward from always doing the same thing and stagnating.

Taking this approach does not cause a major problem because, when trying to build new skills, you will not lose the existing skill you have.

Over time, you will be harder to predict as you learn to deal with similar scenarios in different ways.



KNEE TO ITB



The surest method to lose your superior skill over others is to remain set in your ways... in other words become predictable.

All training, in a good class, should create an atmosphere conducive to supervised experimentation. It should not be in your thought to be embarrassed by failure in trying out new skills.

The simplest leg attacks, to begin with are the foot stomps and shin scrapes and knees to the ITB and groin.



These particular attacks are the easiest to apply without creating simple opportunities for counters. If you miss, the foot is quickly back on the floor and balance regained.

Learn to train your sweeps much along the lines of Paak Sau. If you are swept on the inside, simply counter sweep along the same line.

With practice you will be able to use the techniques of Taan and Bong Gerk to stick with or block attacks.

You will use your knees to attack and defend.

A skill that is very useful is the use of the knee if you tread upon your partners foot or they yours. Without needing to look down you will instantly know where their leg is and be able to counter with a knee strike. Not so great when you both know the same skills, but very useful otherwise.

One of the best advantages of Chi Gerk training is in general footwork

The skill to move freely and escape tight situations and to take the back of a partner are all improved with good Chi Gerk training. Take a good look at Sifu Gary Cooper in the bottom left photo and you will see the footwork skill to take such a position.

We have not included photos of the different kicks as these are familiar to all.

If you wish to know more in kicking check out some of our earlier newsletters.



KNEE TO BODY



INSIDE TRAP



KNEE BLOCKS ROUND KNEE



HEEL KICK TO ITB

Whilst this was not a comprehensive discussion on Chi Gerk, we hope it gives you a little boost to go out and train these skills with your own training partners.



Summer Training Camp

This years Summer Camp will be held over the August Bank Holiday.

Master Nick Martin will be giving everyone the opportunity to immerse themselves into 2 days of intense training and superb martial art spirit. With everything from the

forms to free sparring to Mediation and Chi Gong, to Body Therapy relating to Wing Chun Kung Fu, it a must attend event.

Call Nick on 07830 136 501 for details, but do it soon!



NEW YORK, NEW YORK!

Master Mark Phillips is taking Wing Chun to New York in September 2017.

We are confident the East Coast practitioners are going to enjoy Mark's artistic, but no-nonsense approach to the Art. If you are one of our USA based readers you should contact Sifu Mark to find out more information. You will not be disappointed.

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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.



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