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英國詠春功夫會

UK WING CHUN KUNG FU ASSOC



WING CHUN ORIGINS

Is modern Wing Chun Kuen an incomplete Art?

James Sinclair Discusses 'Ancient Wing Chun Kuen'.



Los Angeles is a city I have visited many times over the years, as my sister and her family have lived there for about 30 years.

Sifu's Mark Phillips and Nick Martin have also joined me to meet martial artists in this huge metropolis. As a result of these trips we enjoy a good network of friends over there, and have taught on a few occasions.

Together we have experienced some training at BJJ legend Rickson Gracie's school and wrestling at 'RAW'.

Los Angeles continues to grow as a martial art city with many Wing Chun Kuen teachers now based in and around the region.

This trip included a visit to see my friend, [Grandmaster Wan Kam Leung \(GM Wan\)](#), who is now based in San

Eat Well
Think Well
Act Well
Stay Well

Diego, California.

Grandmaster Wan was first introduced to me by Master Abdul Malik of 'The Wing Chun School' in London.

Through Abdul Malik I refer to Grandmaster Wan as 'Chin Boi' as he is not my teacher,



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.

LOS ANGELES CALIFORNIA



California Connection!

Grandmaster Wan Kam Leung

Master Gary Lam

but is certainly my senior.

GM Wan was the first student of famed Ip Man student GM Wong Shun Leung.

I enjoy GM Wan's open and frank approach to Wing Chun Kuen. After spending over 40 years in Wing Chun myself, I am sorry to say this is not common.

Wan Chin Boi is an exception in many ways. He is very humble, he has a sharp mind and is a martial artist to his core. Wan Chin Boi reflects many of the qualities a martial artist aspires toward.

They say that like attracts like, and based on Wan Chin Boi and Abdul Malik and I would have to say they are both fine examples of how to live your life.

I met GM Wan in Alhambra at the school of [Master Gary Lam](#). When we arrived there were quite a few students training. This was apparently a friendly Chi Sau get

together as a precursor to a series of Wing Chun Kuen seminars that weekend. The seminars were a gathering of the Wong Shun Leung lineage students in the USA.

Thank go out to Master Gary Lam who graciously allowed me to visit his school.

A gentleman from the UK came over and introduced himself as being a former student of Sifu Mark Phillips of the [London Wing Chun Academy](#). He had trained very early on in Sifu Phillip's career but now lived in LA. He still spoke highly of Sifu Mark and proudly stated this to his training partners.

As stated Wan Chin Boi is a very gracious man. He invited me to sit on his left with Master Gary Lam on his right as a way of extending his friendship and giving face (Bay Meen) to his friend from the UK. I was particularly moved as I had no place being in the photos or even attending the event. We were



Grandmaster

Robert Chu

Chu Sau Lei

Wing Chun

then invited to attend the following day for lunch to catch up and share more time together. At lunch my son and I were invited to a banquet that evening. However, we were not prepared for such an invitation and had to politely decline due to personal commitments.

It was good to see that GM Wan has such a strong following and is gaining the recognition he deserves. His Wing Chun approach is very well laid out, it is progressive, technically tested and very different to many who practice this Art.

Another highlight was a visit to my friend Grandmaster Robert Chu. Although I have never heard him refer to himself by the term Grandmaster, based on all I have seen he is as deserving as any

who claim such position, if not more so.

GM Chu is one of the nicest gentlemen in Wing Chun. He has an encyclopedic knowledge of the Art and its history, and appears to know everything about the people too!

He remains one of the most humorous people I have met in and outside of Wing Chun. His sincerity is second to none. He refuses to speak nicely of people who do not deserve it and his frankness has made him unpopular with the 'politicians' in the Art.

Our discussion was led by a question I was asked to place. It concerned the subject of what can only be termed as 'Ancient Wing Chun'.





'MASTER WILLIAM KWOK

Practical Wing Chun representative at Gotham Wing Chun New York.



ANCIENT WING CHUN

It transpires that in recent years a gentleman named Hendrick Santo had arrived on the scene with a different outlook and approach to Wing Chun Kuen. His Art is highly influenced by some very old scrolls in his possession which pertain to Wing Chun from the 1800's.

The Wing Chun Kuen he discusses is much more focussed on the 'soft' internal aspect of the Art. It appears that Wing Chun as it is today could be considered a somewhat pale reflection to the 'complete' Art of the past.

Ancient Wing Chun was clearly much

more in line with Chinese Philosophical thought in terms of health and Traditional Chinese Medicine (TCM).

Having studied TCM for a number of years it was refreshing as Robert Chu delved into the theory and application of the Chi Kung theories. Robert Chu is a very well respected Acupuncturist and herbalist traveling the world to lecture Acupuncture practitioners in order to strengthen their understanding.

The Wing Chun approach I have experienced is highly Westernised as it stems from Hong Kong which was a British Colony. Hong Kong is a densely populated region and like a lot

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

MASTERCLASSES NATIONAL HQ SUNDAYS 1-4PM MASTER JAMES SINCLAIR £50	GWORR SAU CROSSING HANDS	WOODEN DUMMY THE ESSENTIALS	HAND AND LEG COMBINATIONS FOR GRADINGS
	SUN OCT 15th Sparring: the skill of transferring the forms and chi sau to sparring. One of the most dynamic seminars. Footwork essential....	SUN NOV 19th For those wanting to understand the formal art more completely, this seminar will boost your understanding of the Art and its application.	SUN DEC 17th NEW.. Focussing on the grading material required for the 2nd and 3rd Level combinations. Incorporating the dummy and sparring relevance.

of places had the potential for crime and violence. Wing Chun Kuen's reputation for close range combat made it ideal for use in the back streets and rooftops.

The western education and environment would create a way of thinking that was different to the population of mainland China. Functionality, not philosophical thought, was the mindset of many later generation practitioners.

Wing Chun in Hong Kong largely became a quick functional fighting system to many.

The theory is that Wing Chun Kuen was a very different martial art in the past, highly influenced by the predecessors and reflective of the culture and philosophy of the time. This approach changed considerably over time and due to political, social and economic changes.

In the past Wing Chun Kuen would have been a 'Soft' martial art, relying on the principles of TCM and Chi Kung often termed 'Internal Martial Art'.

To illustrate this, the Siu Nim Tao is said to have originally comprised the

only form in Wing Chun Kuen. It was subsequently broken down into the three forms common today.

Those three forms have also changed over time, due to the experiences of the teachers and the goals they wished to achieve, or felt were worth working toward.

It could also be said that the intellectual capacity of some students/teachers was also not equal and some may have not striven to achieve the more esoteric goals.

The 'original' form was much more allied to what is commonly known as Chi Kung training. This working with energy, breath or air is a very ancient practice, far preceding the evolution of Wing Chun Kuen.

In trying to discuss 'Chi' I shall try to keep this very simple and I ask that you accept that this is not a book on the subject, just a musing! (pun intended)

"we will fight as hard as we love and feel loved"



Yin
&
Yang

KEEP FIT: JUST MOVE

KIDNEY JING

It is said that every person is born with enough inherited prenatal chi to last for 120 years. This energy is passed from mother to foetus and is stored in the Kidneys, it is termed Jing or 'Pre Heaven Essence'.

Life's stresses, injury, emotions, pathogenic invasion, over or under activity and abuse reduce the quality and quantity of Kidney 'Jing'. This leads to failing health and quality of life on all levels, physically, mentally and spiritually.

Kidney Jing cannot be replaced and can be seen to deplete as the we age. However, the quality can be nurtured, leading to better quality of life in older age.

CHI KUNG TRAINING

The thought behind Chi Kung training is to nurture/ensure the quality of the chi and its harmonious flow within and around the channels. Balance and Harmony are two of the most important concepts in TCM and Chi Kung.

Chi Kung training takes many forms but essentially it is structured around the idea of moving energy termed 'Chi' through a series of 12 channels

6 of which are Yin and 6 Yang.

It is believed that through a calm, gently focused mind, one can influence and direct chi around one's own body.

Chi is something that is not separable, it is associated with air and blood and, therefore, through this is affected by and affects movement.

Understanding that the Chi flows in particular directions along particular channels helps people to create movements to nurture this flow.

Chi is associated with 'organs' and many other traits such as pallor, heat, emotion, elements and more. This can lead the practitioner to 'diagnose' and move the energy in a manner that is aimed to bring back harmony to the body.

In Western eyes the body is always aiming to do this for itself with a term called homeostasis.



When a complete understanding is achieved the use of this knowledge leads to helping others through skills such as Acupuncture, Tui Na, Shiatsu and Herbalism.

There is a long tradition that martial artists were also the person to turn to when healing was required.

Typical Western attitudes immediately ask.. So does Ancient training approach make for a better fighter? Does it work in combat?



I would have to say that in theory you could be more healthy, you would have a calm emotional state and you would develop a character that would not wish to find out of you could fight!

You would be a calmer more thoughtful and patient individual. Your emotions would be more controlled and your physical presence more impressive.

Although subtle, these are the traits of a good martial artist and more generally a good person.

This is training aimed at improving your life, not just saving it!

My own training was very vigorous and physical with the emphasis on pure functionality for combat. As the years progressed it was evident that there was far more to Wing Chun than the goal of fighting.

Whilst practicing and teaching the Siu Nim Tao I have focussed on the correct breathing for many years now. This was particularly instigated when I was training in Shiatsu from 1990-1993. Chi Kung was introduced and the emphasis on breath control, using the HARA, calming the mind and being receptive to the concept of Chi was a dramatic change from my Wing Chun training at the time, which was physical force, explosive energy and lightning reactions.

During my shiatsu training we were informed that if our body was not well, it would not be right to treat others.

It is important to understand that many people come to Wing Chun for the martial element, but not all. I still feel it remains important for people to hone the physical skills and develop high quality martial skills.

However, those that are interested can take their journey so much further.



[The Yellow Emperor's Classic of Medicine:
A New Translation of the Neijing](#)

[Classical Five-Element Acupuncture,
Volume III: The Five Elements and the
Officials](#)

[The web That Has No Weaver](#)



News



EAST COAST USA

Whilst James Sinclair was on the West coast of America, following on swiftly [Sifu Mark Phillips](#) was travelling to New York.



Sifu Phillips visited many Wing Chun teachers in the New York area and taught a seminar to keen USA based students of the Art. Some students travelled 1000's of miles to experience the skills and teachings of Sifu Phillips.

As to be expected, Mark's open and practical approach met with great respect and enjoyment. Sifu Phillips also travelled to Philadelphia where he taught a second a seminar to students and teachers of Wing Chun.

London Wing Chun Academy Wood Green



INDIA

[Sifu Nick Martin](#) will be travelling extensively within India with his work on empowering women. He will be teaching within some of the huge corporations based in India and also at various Wing Chun schools.

This is an exciting time and Nick should be justifiably proud of the advances he is making in bringing attention to the plight of too many women in the world today.

Nick works closely with women's refuges and teaches self development, self awareness and self defence to large corporations in the UK.



Wing Chun Kuen

A beautiful Art. The weapons follow the same approach as the hands.



MIDLANDS HQ

James Sinclair has been invited to attend the Midlands HQ to teach a seminar on the subject of Gworr Sau. 'Crossing Hands' is a particular area of training that bridges the gap between Chi Sau and Sparring/Fighting.

Whilst it is not all out fighting, it can get pretty rough. however, it is a

controlled training approach and remains safe and enjoyable. which was a very quiet class is thriving and the students progressing.



The [Cambridge](#) class has been taken over by Adrian Downes. The students recently passed their first level grading and there is now the potential for a second class for beginners.



If any of our readership would like a class visit or detailed seminar in your school, please feel free to contact us.

To enquire please call 07860 276923.

Thank you for the kind comments regarding the [facebook videos](#) that we share from time to time. It is good to hear you enjoy them and pick up a tip or two.

The UKWCKFA is looking for those dedicated few who would like to teach. If you are unsure, simply contact us, we can always chat and see where it goes.

We are a long established Assoc. with a great syllabus and have consistently produced the very best students and teachers of the Art.

Visit our online shop [here](#)
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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