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英國詠春功法會



WING CHUN ORIGINS

Is modern Wing Chun Kuen an incomplete Art?

James Sinclair Discusses 'Ancient Wing Chun Kuen'.

Los Angles 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, <u>Grandmaster</u> <u>Wan Kam Leung (GM Wan)</u>, 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 <u>Master Gary</u> <u>Lam</u>. 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 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



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 nicest gentlemen in Wing to a banquet that evening. However, we were not prepared for such an invitation and had and appears to know 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 subject of what can only by the term Grandmaster, based on all I have seen he is as deserving as any

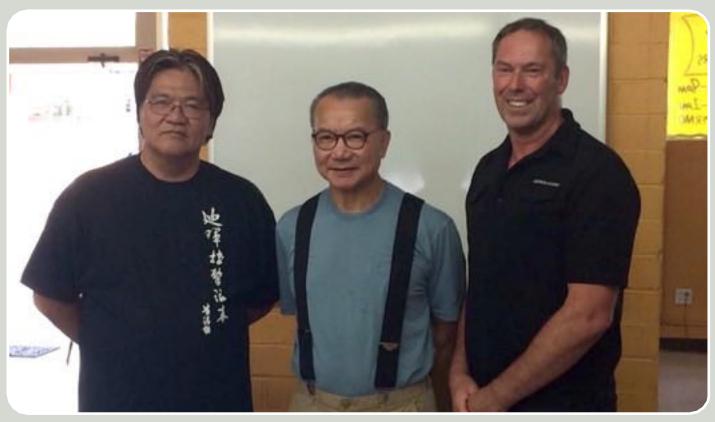
who claim such position, if not more so.

GM Chu is one of the Chun. He has an is an encyclopedic knowledge of the Art and its history, 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 be termed as 'Ancient Wing Chun'.







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

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WOODEN DUMMY THE ESSENTIALS

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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 we love and feel loved very different martial art in the past, highly influenced by the predecessors and reflective of the culture with energy, breand philosophy of the time. This approach practice, far prechanged considerably over time and due to Wing Chun Kuer 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)



KEEP FIT: 1115T NOVE

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.

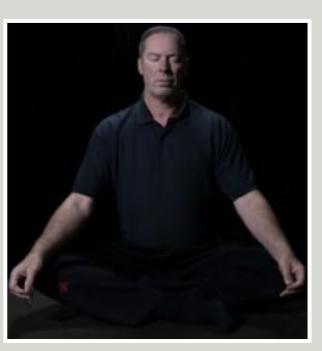
It is believed that through a calm, gently focussed mind, one can influence and direct chi around one's own body.

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.

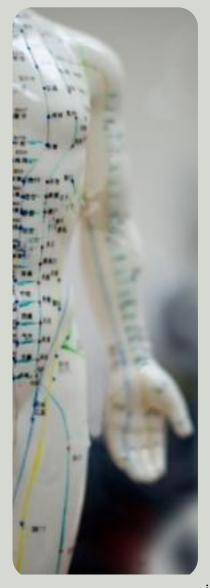
Chi is associated with 'organs' and many other traits such as pallor, heat, emotion, elements and more. This can lead the practitioner to 'diagnose' and move the energy in a manner that is aimed to bring back harmony to the body.

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.

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

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.

The web That Has No Weaver



News



.EAST COAST USA

Whilst James Sinclair was on the West coast of America, following on swiftly <u>Sifu Mark</u>
<u>Phillips</u> 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 Philips 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 <u>Cambridge</u> 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.

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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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