

WING CHUN INTERNATIONAL



Wing Chun International Newsletter

March 2017

March 2017

Dear students, I would like to invite you to the workshop on Saturday 6th May, Pegasus Theatre, East Oxford 5-6pm.

'Tai Chi & Kung Fu for Kids and Adults'

This workshop will offer taster sessions in two traditional Chinese martial arts and health practices: Tai Chi and Kung Fu from Wudang mountain, and also Wing Chun Kung Fu. The workshop will include initial demonstrations of the styles from both child and adult practitioners, followed by an opportunity for both children and adults to try the practices themselves.

This workshop is run by local clubs Daoshu Wudang Arts and WCI Oxford.

WCI Oxford school will have a 15 minutes for children Kung Fu demonstration. Please let me know, if your child can support us on the day. For adult student, if you can help me to organise everything and support our group during a workshop, please let me know. Help will be appreciated.

Special Offer

We have a special offer for those who wish to join us in March 2016. This month WCI Oxford, WCI Didcot and WCI Abingdon are giving you a gift - WCI branded Mitts to help you with your training. Join us in March by booking your class [HERE](#)

Referral Prize

To all existing students, don't forget your referral cards, as they have to be signed for your rewards when your friend or family member joins our school.

Welcome to our New Students:

Kelvin Waitherero (Oxford)

Daniel Bagdadi (Oxford)

Joanne Lo (Oxford)

Gregory Tsverik (Oxford)

Angeline Lee (Abingdon)

Gavin Taylor (Oxford)

Lucio Canario (Oxford)

Theory of the month

Elbow Power

With the elbow facing downwards this links the power from your elbow to your hips and therefore down to the floor.

Power does not come from the limb, it comes from the whole body, and therefore the Wing Chun punch is delivered from a relaxed position so it can be fast as well as devastatingly powerful.

Motto of the month

Bong Sao/ Tan Sao: when the head is up - the tail is down, when the tail is up - the head is down.

Events

- 8th of March WCI Didcot social at Prince of Wales
- 9th of March WCI Oxford Social - meal and drink at Duke of Monmouth
- 18th and 19th of March Wing Chun International Seminar by Master Andrew Cameron

Wing Chun Foot Work

Footwork techniques develop all aspects of using the lower limbs in armed and unarmed combat. Initially the training teaches the new student a variety of specific stepping manoeuvres; these are essential for fluid, quick attacking and retreating. Stepping involves not only moving forward and back, or side-to-side; but also why we initiate a particular movement and the proper way of generating the power to do so. Using an almost fencer like step, footwork training teaches us how to move with grace and stability, and above all how to be in the correct position at the right time. Later, at a more advanced stage, the student is taught the main bulk of footwork techniques; this chiefly involves the kicking and leg destruction training as well as a variety other high-level footwork fighting strategies. Footwork is also devoted to mastering techniques that push, trip and throw the opponent. Footwork training provides the foundation for all other aspects of development, it is the key to generating power and of having the ability to move into and occupy the opponents centre of gravity.

Yee Kim Yeung Ma - IRAS stance

The Cantonese name of the basic stance is Yee Jee Kim Yeung Ma, this describes the appearance and feel of the stance, also referred to in Cantonese as "Character-Two Adduction Stance". This training stance helps to balance the body evenly while isolating the lower part of the body from the upper part of the body. IRAS stance simply means internal rotation adductor stance and helps the student understand better the purpose of training Yee Kim Yeung Ma.

Eight Basic Steps

1. Circling Step
2. Sidling Stance
3. Advancing Step
4. Meridian Stance
5. Side Step
6. Arrow Step
7. Side Step plus Sidling Stance
8. Forward Step plus Sidling Stance

Home Work

Here you can find the Eight Basic steps.



WCI  **WCI- International Wing Chun Seminar**

Saturday 18th & Sunday 19th March 2017

9am - 12pm & 1.30pm - 4.30pm

8 High Street, Leamington Spa, Warwickshire CV31 3AN

Book Now!

07846 371 611

The poster features a background image of hands in a Wing Chun stance. The text is centered and uses a mix of bold black and red fonts. A red box highlights the phone number at the bottom.

Adults Curriculum

Uniform

It is important to us as an organisation that our students are wearing appropriate uniform:

- Grades 1 - 4 should wear White WCI T-shirt Black WCI trousers;
- Grades 5 - 8 should wear Grey WCI T-shirt and Black WCI trousers;
- Grades 9 - 12 should wear Black WCI T-shirt and Black WCI trousers.

Also; Mitts, Shin-Pads and gum-shields should be used during your Lat Sau, Sparring and application training.

All uniform and equipment can be purchased from your instructor.

Attendance

For you to progress at a steady pace, we would like to see you in your classes a minimum of twice a week. If that is not possible, please allocate a time when you can practice your form, shapes and foot work at home or book a valuable private lesson with your instructor.

Our schools provide their students with attendance cards to help you and instructor track your progression. Please make sure, you arrive 15 minutes before the class and take your time to fill in your card.

If you are not able to make the session on time, let your instructor know as early as possible.

New Student?

This rotation you will be learning about straight punch defence. This module is designed to give students an idea of how to apply Wing Chun shapes against boxer who uses Jab and Cross. Also the main focus is on defending your center line and redirecting the aggressors power away from it.

Other subjects for You: punching techniques, hand shapes (Tan Sao, Bong Sao, Pak Sao, Lap Sao), footwork (IRAS stance, Circling Step, Sidling Stance, Advancing Step) Siu Nim Tao (sentence one to three), Dan Chi Sao basic roll and changes and Lat Sau drill 10 points.

Phase 1

This rotation Phase 1 students (Grades 1 - 3) will be learning about the Low Punch defence. This programme teaches the student to maintain his/her centre line, keep a good balance and use an elbow as a control point of ones body. The main focus of training is to learn to sink the elbow by dropping the shoulder, being relaxed but still in control of the arm positions. Two main shapes covered are Garn Sao - the chopping hand and Gum Sao - the pinning hand.

Other subjects for Phase 1 students: punching techniques, Matrix Drill, Eight Basic Steps, Siu Nim Tao, Dan Chi Sao, Lat Sao drill mixing

Phase 2

Phase Two students (grades four to seven) will be learning the Anti Ground fighting programme. This programme's aim is to teach the student how to get up as quick as possible. A Wing Chun practitioner does everything possible not to be forced onto the ground, however, if this happens then the aim is to use practical techniques that affect escape.

Other subjects for Phase Two students: boxing drill, advanced steps Chum Kiu, Chi Sao first section and the "123 drill".

Phase 3

Phase Three students (grades eight to 11) will be learning Control and Restraint. The programme introduces defensive movements that wouldn't harm an attacker. It is an introduction to joint manipulation. There are three concepts taught to students - control whilst standing, control whilst walking and control on the ground.

Phase three students are the ones who have set themselves a goal to achieve 12th grade (Black Belt). During this Phase students perfect their Phase One and Phase Two material.

Master Students

Master students are those who have set themselves the goal to master the art of Wing Chun Kung Fu. These students have an opportunity to train together with instructors under Sifu Scott Rowlinson. Congratulations to Yakov Kremnitzer, Sebastian Engelstaedter and Stuart Knight and Stuart Chambrelain for setting the goal to master the art of Wing Chun.

Children Curriculum

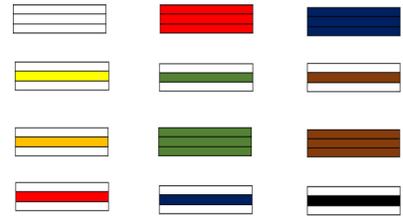
Little Dragons

The Little Dragons Programme is for four to six years old and is specially designed to help children learn important life skills and values. This programme prepares a child for the Junior Warrior Programme. Little Dragons are developing their focus, respect and teamwork within our classes.

Once a child joins our martial art school, they start as a White Sash. The Sifu's job is to prepare your child for White/Yellow Sash grading. At WCI Oxford, children are learning the basics of Kick Boxing, which develops their understanding, which foot should be forward in training, which hand is jab and which is cross, how not to fall when kicking. Children learn to perform set movements as solo drills and using pads with other students. This Curriculum also applies to Red Sash and Blue Sash students. Red Sash students learn technically correct movements (side kick, back kick, hook and uppercut). Blue Sash students learn performance and form demonstration.

Once a child has passed their White Sash training, he or she will learn one of three other modules. During this rotation we will be teaching Flight Training. This module will develop your child's understanding of balance, coordination and control. Phase 2 students will focus on more technically correct punches and kicks, learning to perform set movements as a solo drill or on pads. Phase Three students will be expected to lead the Phase One students and demonstrate Flight Form for their grading.

Little Dragon Belts



Junior Warrior Belts



Junior Warrior

The Junior Warrior Programme is for seven to 12 year olds, this is specifically designed to help them learn important life skills and values and practical self-defence. This programme gets your child ready for the Adults Programme. Junior Warriors are learning about their safety and how to protect themselves.

When a child joins our school and has been given a White Sash they start to learn their first curriculum, that of Kick Boxing. At the end of the first two months of training they will be asked to demonstrate a Kick Boxing Form to gain their Yellow Sash.

After achieving Grade One, students move onto the next basic curriculum. Basic curriculum has three rotations. This rotation we are studying Flight Training. This module will develop your child's understanding of balance, coordination and control. Children will learn Pop Up Kicks, Jumping Kicks, Running Flying Kicks. And 10 Part Flight Form.

If your Child is Red Belt; Grade Four and above, they start to learn Wing Chun. This rotation we will look at the Hook Defence. This module will teach students practical self-defence skills and how to avoid being punched in the face. Children at this stage should use shin pads and mitts in the class. Please speak to your child's instructor regarding protective equipment for training.

Concentration

Concentration is the action or power of focusing all one's attention.

Do you know how to use "Concentration" at:

- *School
- *Home
- *Wing Chun

Rewards



Attending 16 classes per rotation



For helping the friend or family member to



For bringing WCI homework on time or helping at events



For academic excellence, please bring your child's achievements results to the school

Have you got 10 reward clips? If so, bring them back to the class and you will receive the Grandmaster Badge



Uniform

It is important to us as an organisation that our students are wearing appropriate uniform:

- Little Dragon Uniform - Green WCI T-shirt, Black WCI Kung Fu suit and Sash, representing Grade;
- Junior Warrior uniform - Blue WCI T-shirt, Black WCI Kung Fu suit and Sash, representing Grade.

It is important that students wear comfortable trainers. Heavy footwear might hurt their feet during exercise and could cause injuries to training partners. Kung Fu suits are needed as students' reward badges go on them.

Phase 2 and Phase 3 students should wear shin-pads and mitts for protecting their partner from injuries.

You can buy uniform and equipment from your child's instructor.

Weapons

Weapon training is designed for those children who want to achieve their Black Belt. As we now have many schools around the UK our focus on this part of children's training will develop. Firstly as a parent please check with your child's instructor if your child is on the Black Belt course. This means, your child should attend classes twice a week so the instructor can allocate 15 minutes in each lesson for their weapon training. This rotation students will learn how to use Nunchaku

Please order Nunchaku in advance from your instructor.

Flexibility for Children

Stretching gives you the flexibility!

Why Stretches Are Important

- Stretching can prevent injuries.
- Stretching helps kids' bodies recover after exercise.
- Stretching helps kids' bodies become and remain flexible (able to move joints and muscles in a full range of motion) as they grow into adulthood.
- Flexible bodies are more agile and perform better.
- Stretching reduces muscle tension.
- Stretching improves joint health and range of motion.
- Stretching increases blood flow to the muscles.

Stretches feel good!



Student Of the Rotation

*Little Dragons: Alice Pike
Junior Warrior: Dianne Dupret*



Black Belt of the month

Junior Warrior Tristan Dupret



| Little Dragons: | Junior Warriors: |
|-------------------------------------|----------------------------------|
| Felix Von Papp - White/ Yellow Sash | Sophia Yeates - Yellow Sash |
| Zino Zigan - White/ Orange Sash | Freddy Plowman - Yellow Sash |
| Alice Pike - Red Sash | Andrew Goodwin - Yellow Sash |
| Jayden Phipps - White/ Green Sash | Ralphy Plowman - Yellow Sash |
| Sage McKenzie - Green Sash | Matthew Goodwin - Yellow Sash |
| | Diane Dupret - Red Sash |
| | Tristan Dupret - Red Sash |
| | Taran Caston - Red Sash |
| | Alexa Lee - Green Sash |
| | Domnic Von Papp - Green Sash |
| | Ashdon Phipps - Brown/ Blue Sash |
| | Simcha Steinsalts - Brown Sash |

Congratulations

Timetable

Beginner Children Wing Chun

Barton Neighbourhood Centre

Monday 5:30pm - 6:00pm

South Oxford Community Centre

Tuesday 5:30pm - 6:00pm

Thursday 5:30pm - 6:00pm

Junior Warriors (7-12)Wing Chun Advanced training

Barton Neighbourhood Centre

Monday 6:15pm - 6:30pm

South Oxford Community Centre

Tuesday 6:15pm - 6:30pm

Thursday 6:15pm - 6:30pm

Didcot Civic Hall

Wednesday 6:30pm - 7pm Beginners

Black Belt Children Weapons

Barton Neighbourhood Centre

Monday 6:00pm - 6:15pm

South Oxford Community Centre

Tuesday 6:15pm - 6:30pm

Thursday 6:15pm - 6:30pm

Adults age 13+

North East Abingdon Association

Monday 8:30pm - 9:30pm

South Oxford Community Centre

Tuesday 6:30pm - 7:30pm Beginners

Tuesday 7:30pm - 8:30pm Advanced

Thursday 6:30pm - 7:30pm Beginners

Thursday 7:30pm - 8:30pm Advanced

Didcot Civic Hall

Wednesday 7pm - 8pm Beginners

Contact Us

Give us a call for more information about trial lessons, seminars, grading or merchandise.

WCI Oxford

South Oxford Community Centre,
Lake Street
Oxford,
OX1 4RP

Barton Neighbourhood Centre
Underhill Circus
Headington
Oxford
OX3 9LS

WCI Didcot

Didcot Civic Hall
Britwell Road
Didcot
OX11 7JN

WCI Abingdon

North East Abingdon
Community Association
Lindsay Drive
Abingdon
OX14 2RT

Contact Sifu Dace

07846 371 611

wcioxford@gmail.com

[Face Book](#)

[Website](#)

Happy Birthday!

Jayden Phipps

David Berry

Emily Austin

Kai Smith

Yakov Kremnitzer

Lucio Canario

Gavin Taylor

See you all in training!