

WING CHUN INTERNATIONAL



Wing Chun International Newsletter

May 2017

What's on!

As every year, Summer 2017 will be busy for [WCI Oxford](#). Here are the dates for the upcoming events:

- * 6th of May - Children Kung Fu Workshop at the Pegasus Theater;
- * 20th of May - Adults form seminar;
- * 20th of May - Children pad work seminar;
- * 3rd of June - Abingdon Fun in the park;
- * 19th - 24th of June Grading Week;
- * 22nd of July - adults Blitz defence seminar
- * 22nd of July - children Bullyproof seminar;
- * 8th of July - Leys festival and horticultural show in the Blackbird Leys Park;
- * 11th of June - Barton Play Day at Barton Neighborhood Centre;
- * 25th of June - Flofest in Florence Park.

If you can help me with any of these days, please let me know.

Special Offer

We have a special offer for those who wish to join us in April 2017. This month at WCI Oxford, WCI Didcot and WCI Abingdon, we are giving you a gift! WCI branded Mitts to help you with your training. Join us in the May by booking your first class [HERE](#)

Referral Prize

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

Instructors Needed!

Have you ever considered to be a martial art instructor? Oxfordshire schools are looking for an assistant instructors for children and adults classes. If you wish to help in building the fastest growing martial arts organisation, now is the perfect time to become a part of our team!

Welcome to our New Students:

Augustin Boisleux (Oxford)
David Powell (Oxford)
Emile Perkins (Oxford)
James Taylor (Didcot)

Theory of the month

Wedge Theory

The "wedge" concept is represented by the triangular structure of almost everything in Wing Chun. Both arms and legs are positioned in such a way that they pose a wedge structure that, once a visible or otherwise perceivable attack occurs, is pushed forward at the attacker's vertical "axis" where almost all of the important targets are located.

Motto of the month

Strive to remain calm in the midst of motion. Loosen up the muscles and relax the mind.

Events

- 3rd of May WCI Didcot and WCI Abingdon Social
- 5th of May WCI Oxford social
- 6th of May Children Kung Fu Workshop, Pegasus Theatre, East Oxford 5-6pm.
- 20th of May Children pad work seminar
- 20th of May Adults form seminar

Congratulations

Our grading system is not a test. A test is something you can fail or pass and this is not what Wing Chun is about. Our grading system is a mark of improvement for the student to identify where they sit within the complete system of Wing Chun. The Wing Chun system is so big, that you must have reference points on your journey in order to not to feel lost. There is a guideline for student grades on our [website](#). It is however the instructor's job to make sure you are progressing.

Wing Chun International grades students every 2 months to assess their progress and the school's development.

I was glad to see students attending the grading on 24th - 27th of April and participating in grading for a Low Punch Defence and Anti-ground fighting programme of Wing Chun.

The most important grade is the first one. By achieving Grade One, a student moves him or herself into learning the art of Wing Chun. It is like opening a door and stepping into the new world. Congratulations to Angeline Lee, Graham Acres, Gregory Tsverik and Gavin Taylor for achieving their first ever grade with Wing Chun International, may your progress continue steadily.

I would also like to congratulate Jorge Lopez-Lago, Stuart Knight, Arunbharim Chuttia and Andrew Markham for achieving the Second Student Grade, Andrew Marsh, Jamie Dickinson, David Dupret for Achieving the Fourth Student Grade and Stuart Chamberlain for achieving the Sixth Student Grade.

I'm looking forward to the next grading, pushing all students to one step higher.

Adults Form Seminar

Would you like to know the difference between Siu Nim Tao, Chum Kiu and Biu Tze? Or maybe, you would like to learn some applications and a true meaning of those forms? If Yes, then this seminar is for you.

During this seminar you will be introduced to the:

- Concepts of Siu Nim Tao, Chum Kiu and Biu Tze;
- Training methods for those three forms;
- Applications of the forms.

As a WCI student, it is very important for you to truly understand the Wing Chun Kung Fu martial art and the system we provide you with to learn it and progress quickly.

When: 20th of May

Time: 5pm - 7pm

Where: 3 Hurst Street, OX4 1EZ

Price: £15

Please book your tickets from the [Eventbrite](#) or from Sifu Dace.

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.

Adults Curriculum

Phase 1

This rotation Phase 1 students (Grades 0 - 3) will be learning about the Straight Punch defence. This module is designed to give the students an idea of how to apply Wing Chun shapes against a boxer who uses Jab and Cross. Also the main focus is on defending your center line and redirecting the aggressors power away from it.

The shapes covered within this curriculum are Bong Sao, Tan Sao, Pak Sao, Gwat Sao and Fook Sao.

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

Phase 2

This Rotation is all about the knees and elbows. Students grades 4 - 7 will be learning 6 Wing Chun elbow strikes and 3 knee strikes. The main focus will be in closing the range and understanding the distance as these strikes can be applied once the student has managed to move in the correct range.

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

Phase 3

Phase 3 students (grades 8—11) will be learning all about counter kicking (make sure you have your shin pads). How to stop the kick, catch it and redirect it. Also understanding the eight Wing Chun kicks and their applications.

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 Jorge Lopez-Lago for joining the Master students and showing an interest to become a children instructor. I'm looking forward to see his progression within the Wing Chun.

Home Work

Here is the video by Master Andrew Cameron showing you the Matrix Drill. Please take your time to learn the shapes as they truly helps you with the training in the class.



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 the White/Yellow Sash grading. This rotation children will be learning the Self-defence. This module will teach your child how to be safe at the school, public places and who to ask for help if they get lost. Also children are taught a Stranger Danger Programme and how to get out of grabs and react if they have been pushed around in the school or playground. Main focus is to give your child a confidence to shout for help, should they need to.

Courtesy

Courtesy is the showing of politeness in one's attitude and behaviour towards others.

Do you know how to use "Courtesy" at:

***School**

***Home**

***Wing Chun**

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 for their Yellow Sash grading. This rotation is the self-defence. This module will teach your child practical skills in real life situations, like dealing with, being pushed, pulled, grappled, approached by strangers, being lost.

If your Child is Green/Red Belt; Grade Three and above, they start to learn Wing Chun. This rotation we will look at the Straight Punch defence. This module will teach the 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. To pass the Grading your child will need to hand in 2 Home Works. Please help your child if needed and encourage him or her to ask for a help during the class.

Rewards



Attending 16 classes per rotation



For helping the friend or family member to join our club



For bringing WCI homework in time or helping at events



For academic excellence, please bring your child's achievement 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 to protect their partner from injury.

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.

Children Seminar

It is very important for children to learn to work as a team, to help each other and build a friendship. There are many ways to accomplish this but within the martial art school it's all about the partner training.

This seminar is designed to teach your child to use the pads in correct and safe manner. We will cover:

- The correct pad holding;
- The correct pad positions for certain attacks;
- Learning to read the positions and understanding the body language of the pad holder;
- Defensive and attacking movements towards the pad;
- Monitoring and mirroring the pad holder;

When: 20th of May

Time: 4pm - 5pm

Where: 3 Hurst Street, OX4 1EZ

Price: £10

Please book your child's ticket on [Eventbrite](#) or from Sifu Dace



Student Of the Rotation



*Little Dragons: Cassian Bennet
Junior Warrior: Matthew Goodwin*



Black Belt of the month



Junior Warrior: Freddy Plowman



Little Dragons:	Junior Warriors:
Cassian Bennett - White/ Yellow Sash	Sophia Yeates - Red/ Yellow Sash
Kelvin Waitrose - White/ Yellow Sash	Freddy Plowman - Red/ Yellow Sash
Felix Von Papp - White/ Orange Sash	Andrew Goodwin - Red/ Yellow Sash
Zino Zigan - White/ Red Sash	Ralphie Plowman - Red/ Yellow Sash
Alice Pike - White/ Green Sash	Matthew Goodwin - Red/ Yellow Sash
Jayden Phipps - Green Sash	Diane Dupret - Green/ Red Sash
	Tristan Dupret - Green/ Red Sash
	Alexa Lee - Blue/ Green Sash
	Domnic Von Papp - Blue/ Green Sash
	Ashdon Phipps - Brown Sash

Congratulations



Timetable

Beginner Children's Wing Chun

Barton Neighbourhood Centre

Monday 5:30pm - 6:00pm

South Oxford Community Centre

Tuesday 5:00pm - 5:30pm

Thursday 5:00pm - 5:30pm

Didcot Civic Hall

Wednesday 6:30pm - 7pm Beginners

Junior Warriors (7-12) Wing Chun Advanced training

Barton Neighbourhood Centre

Monday 6:15pm - 6:30pm

South Oxford Community Centre

Tuesday 6:00pm - 6:30pm

Thursday 6:00pm - 6:30pm

Black Belt Children's Weapons

Barton Neighbourhood Centre

Monday 6:00pm - 6:15pm

South Oxford Community Centre

Tuesday 5:30pm - 5:45pm Beginners

5:45pm - 6:00pm Advanced

Thursday 5:30pm - 5:45pm Beginners

5:45pm - 6:00pm Advanced

Adults age 13+

Peachcroft Social Club

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

Peachcroft Social Club
Lindsay Drive
Abingdon
OX14 2RT

Contact Sifu Dace

07846 371 611

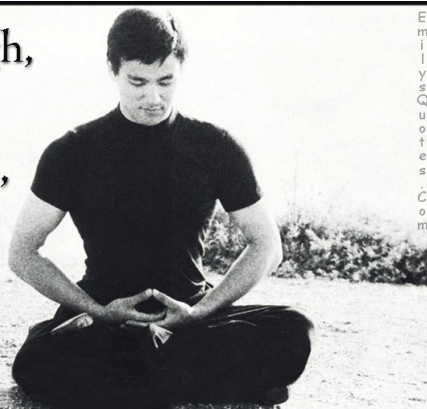
wcioxford@gmail.com

[Face Book](#)

[Website](#)

Knowing is not enough,
we must apply.
Willing is not enough,
we must do.

~Bruce Lee



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See you all in training!