

WING CHUN INTERNATIONAL



Wing Chun International Newsletter

January 2017

January 2017 - Get FIT

As the New Year has arrived, I am sure you have all set yourself some great goals for 2017. One of them should be your health. Health is important as it forms part of our Mind, Body and Spirit as Martial Arts Students and keeps us going. Fitness is just one part of your healthy lifestyle. This is why, in January, Wing Chun International has chosen 2 words to start your year - GET FIT!

We are looking forward to seeing you all back in training with friends and family members.

Special Offer

Following up the GET FIT mantra we have a special offer for those who wish to join us in January 2017. WCI Oxford, WCI Didcot and WCI Abingdon schools this month are giving you a 2 for 1 Membership .

Join us in January with your friend and save a joining fee, go on, Take a chance and book 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 schools.

Welcome to our New Students:

Stuart Knight (Oxford)

Andrew Markham (Didcot)

Theory of the month

Centre Line

This theory relates more to the concept of moving efficiently and directly against an attacker. Wing Chun relies on the strategy of economy of motion, the ability to move efficiently to save time and energy. When striking the centre of the body with explosive energy (Fa Geung) as developed in the 1st form (Sui Nim Tao) a devastating combination is achieved that literally shocks the human body

Motto of the month

Destroying the opponent's center line will control his bridge

Events

- 21st of January
Children Kung Fu Seminar
4pm - 5pm £10
- 21st of January
Adults Sparring Seminar
5pm - 7pm £10
- 25th of February
Regional Grading Day
- 27th of February to 3rd of March - Grading week

Grading Week

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 a reference point on your journey 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 classes on classes 12th to 15th of December and participating in grading for a Straight punch defences, Back-fist Defence and Anti-grappling 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 Yip Chun Hin, Martin Messias and Kim Jacobsen for achieving their first ever grade with Wing Chun International, may your progress continue steadily.

I would also like to congratulate David Austin, David Dupret, Jamie Dickinson, Andrew Marsh and Suman Swami for achieving Second Student Grade and Sebastian Engelstaedter for achieving Seventh Student Grade.

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

Adults Seminar

2017 will be full of great seminars for students to improve on Wing Chun martial arts. I'm looking forward to start this year with a 123 drill 10 point seminar to give you all a starting point for your sparring in the class. You will have an opportunity to learn the drill, all kind of changes that helps you to trick opponent and idea of introducing straight punch, low punch, back-fist and a hook to make it a great tool for your training. Seminar will be on 21st of January 5pm - 7pm and costs are £10per person.

Here are the rest of the dates for your seminars for 2017:

- * ***25th and 26th of March - Wing Chun International seminar by Master Andrew Cameron***
- * ***20th of May - Form Seminar***
- * ***22nd of July - Psychology of Fight Seminar***
- * ***23rd and 24th of September - Wing Chun International seminar by Master Andrew Cameron***
- * ***18th of November - Weapon Seminar***

Home Work

I have been asked by some enthusiastic students to add some information for home training. I found this video very helpful. This is where Master Andrew Cameron gives a brand new student some drills for training at home and explains the idea behind it. Please click below to access the link.



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.

This Rotation

Phase 1

During this rotation, Phase One students (Grades zero to three) will be learning about the defence against a straight punch, hook and "Haymaker" punches. This programme teaches student a Centre Line and Nose-to-Nose theory. The main shapes we look at are Tan Sau, Paak Sau, Bong Sau, Lap Sau and Fook Sau.

Other subjects for Phase One students are: Punching techniques, Hand shapes, footwork, Siu Nim Tao, Daan Chi Sao, Lat Sau game.

Phase 2

This Rotation Phase 2 students (grades 4 - 7) will be learning the Anti-throwing programme. This programme's aim is to teach a student how to fall safely and how to counter sweeps and throws.

Other subjects for Phase 2 students: boxing drill, advanced steps Chum Kiu, Chi Sau 1st section, 123 drill.

Phase 3

Phase 3 students (grades 8 -11) will be learning all about Open Hands Against Weapons. The programme introduces basic techniques of knife defence and stick defence. Weapon is everything that aggressor can use to strike you with - ashtray, bottle, pen, stone. It is important to learn not to disarm the attacker but get rid of the tool that holds the weapon - the arm.

Phase 3 students are the ones who have set themselves a goal to achieve 12th grade (Black Belt). During this Phase student perfects their Phase 1 and Phase 2 material.

Students, who have chosen to master the art and joined to the Master Programme have an opportunity to book a group sessions directly with their instructor or Sifu Scott. These sessions are focused on getting the student ready for TG pre-testing days. You will learn Biu Tze and Muk Jan Chong forms and advanced Chi Sau sections.

Master Class in Oxford

Sifu Scott Rowlinson is looking forward to coming down to our Oxford school and teach a master class for those students who wish to learn Wing Chun in depth. He will be using one of our basic class times to teach master students at the back of our hall while basic students will be learning their programme at the front. If you are looking forward to learn more of Wing Chun Kung Fu martial arts, let me know and I'll be happy to upgrade you to the Master Course.

Children Curriculum

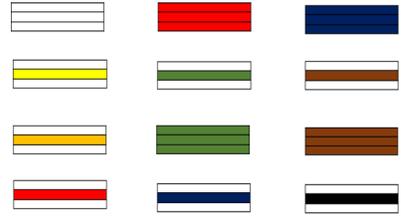
Little Dragons

Little Dragons Programme is for 4 - 6 years old and is specially designed to help children learn important life skills and values. This programme gets your child ready for the Junior Warrior Programme. Little Dragons are developing their focus, respect and teamwork within our classes.

Once your child joins our martial art school, they start as a White Sash. The Sifu's job is to get your child ready for White/Yellow Sash grading. In our school children are learning basics of Kick Boxing, that develops their understanding, which foot should be forward in training, which hand is a jab and which is a cross, how not to fall when kicking. Children learn to perform set movements as a solo drill or on pads. This curriculum applies also to Red Sash and Blue Sash students. Red Sash students learn technically correct movements (side kick, back kick, hook, uppercut) while 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 Partner Training. This module will teach your child how to train with others safely. In class children will perform exercises in groups or in pairs, learning to motivate each other and help where needed. At the end of the module, children will have learnt side steps, the replacing step, and the half step. Students will also be taught the 8 part cover form. Phase Three students will be expected to lead the Phase One students.

Little Dragon Belts



Junior Warrior Belts



Junior Warrior

Junior Warrior Programme is for 7 - 12 years old children specially designed to help them learn important life skills and values and practical self-defense. This programme gets your child ready for a Junior Adults Programme. Junior Warriors are learning about their safety and how to protect themselves.

When your child joins our school and has been given a White Sash they start to learn their first curriculum - Kick Boxing. At the end of 2 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 four rotations. This rotation we are studying Partner Training. This module will teach a student how to train with others properly and safely. In class students will perform exercises in groups and pairs, learning how to motivate each other and help and support where necessary. At the end of the module students will be asked to demonstrate The Cover Form.

If your Child is Red Belt (grade 4) and above, they start to learn Wing Chun. This rotation we will look at the back-fist defense and how to destroy an opponent's balance. Students will spend much more time training together.

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



Self-Control

The ability to control one's emotions and behaviour in the face of temptations and impulses.

Do you know how to use word "Honesty" at:

***School**

***Home**

***Wing Chun**

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.

Children Seminar

2017 will be full of great seminars for students wishing to improve their Wing Chun. I am looking forward to start this year with a Kung Fu seminar to give your child knowledge of the history of Kung Fu, traditions and understanding the difference between Wing Chun and other martial arts. If you wish your child to know more about the development of our school, organisation and Kung Fu itself, please book tickets by 14th of January. The seminar will be on 21st of January 4pm - 5pm and costs £10 per person.

Here are the rest of the dates for your seminars for 2017:

- * **20th of May - Partner training, correct way to use the focus Pads**
- * **22nd of July - Bully-proof seminar, psychology of bullies and how to deal with them**
- * **18th of November - Weapon Seminar**



Congratulations!

<p>Little Dragons:</p> <ul style="list-style-type: none"> ★ Zino Zigan - White/ Yellow Sash ★ Alice Pike - White/ Red Sash ★ Jayden Phipps - Red Sash ★ Sophia Yeates - White/Green Sash 	<p>Junior Warriors:</p> <ul style="list-style-type: none"> ★ Diane Dupret - Red/Yellow Sash ★ Tristan Dupret - Red/Yellow Sash ★ Taran Caston - Red/Yellow Sash ★ Alexa Lee - Red/Green Sash ★ Domnic Von Papp - Red/Green Sash ★ Ashdon Phipps - Blue Sash ★ Simcha Steinsalts - Brown/Blue Sash
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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

Black Belt - Weapons

Barton Neighbourhood Centre

Monday 6:00pm - 6:15pm

South Oxford Community Centre

Tuesday 6:15pm - 6:30pm

Thursday 6:15pm - 6:30pm

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

Adults age 13+

North East Abingdon Association

Monday 8:30pm - 9:30pm

South Oxford Community Centre

Tuesday 6:30pm - 7:30pm Beginners

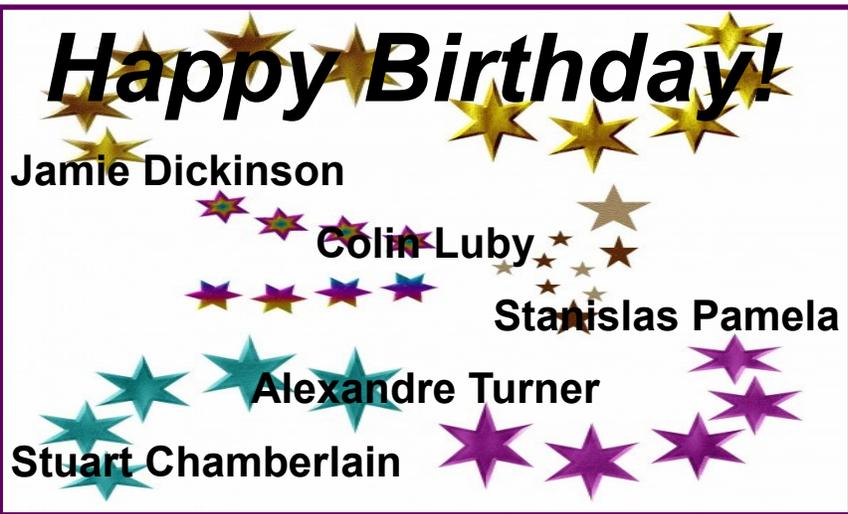
Tuesday 7:30pm - 8:30pm Advanced

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

[WEBSITE](#)

WCI Didcot

Didcot Civic Hall
Britwell Road
Didcot
OX11 7JN

[WEBSITE](#)

WCI Abingdon

North East Abingdon
Community Association
Lindsay Drive
Abingdon
OX14 2RT

[WEBSITE](#)

07846 371 611

wcioxford@gmail.com

[Face Book](#)

See you all in training!