

WING CHUN INTERNATIONAL



Wing Chun International Newsletter

March 2018



WCI
Wing Chun International

Wing Chun International
The Secret to Unlocking the Whole System

24th and 25th of March
9:30am - 4:30pm

Book the tickets
from your instructor!

Master Cameron

Instructors Needed!

Have you considered becoming a martial art instructor?

Oxfordshire schools are looking for 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 part of our team!

Please speak to me if you wish to become an instructor of WCI Abingdon or WCI Didcot. Also there are assistant instructors needed for the WCI Oxford School.

Sifu Dace

WCI Oxford Easter Break

Due to community centre closure, there will be no classes on 2nd of April, 3rd of April and 5th of April. WCI Abingdon and WCI Didcot school will operate as usual.

Welcome to our New Students:

Umar Habib (Oxford)

Amraan Habib (Oxford)

Matthew Priddey (Didcot)

Matthew Ryman (Didcot)

Serena Guo (Didcot)

Theory of the month

*Arms moves, body stays still;
body moves, arms stays still.*

This theory helps Wing Chun practitioner maintain good structure. Mastering it means that you do not collapse your shapes and maintain control of your movement whilst attacking or defending.

Motto of the month

*There are The feet are like wheels,
and the hands like arrows.*

Events

- 2nd of March - Adults Social (Ice skating)
- 7th of March - Adults Social (Meal in Didcot)
- 18th of March - children knees and elbows seminar
- 24th and 25th of March WCI seminar by Master Andrew Cameron
- 21st of April - children demo Outburst Festival

February 2018 Grading

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 and for the student to identify where they sit within the complete system of Wing Chun. The Wing Chun system is so big, that you do must have a reference point on your journey to not to feel lost. There is a guideline for student grades on our [website](#), however the instructor's job is 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 26th of February to 1st of March despite the snow and showing their skills in a straight punch defence, knees and elbows and counter kicking programmes of Wing Chun.

The most important grade is the first one. By achieving Grade One, a student moves himself or herself into learning the art of the Wing Chun. It is like opening a door and stepping into the new world. Congratulations to Phillip Whorton, Peter Watts, Tobias Bachman, Caterina Danielli, Louis Earl, and Jean-Francois Bellec for achieving their first ever grade with Wing Chun International, may your progress continue steadily.

I would also like to congratulate Aftab Afzal, David Townsend, Jean-Francois Bellec, Tristan Dupret, and Keith Forsythe for achieving the Second Student Grade, Slawek Rudyk, Acer Macdonald, Rollo Beale, Amelie De Fogeroux, and Lucinda Morton for achieving the Third Student Grade, Girey Onay, Ricky Persaud, Christopher Morton, and Daniel Webster for achieving the Fourth Student Grade and moving into Phase 2, Andrew Markham for achieving the 5th Student Grade and Sebastian Engelstaedter achieving the 10th Student Grading.

I'm looking forward to the next grading in the February, pushing all my students to the next level.

"If you love life, don't waste time, for time is what life is made up of."

~Bruce Lee~

Master Anderw Cameron Seminar for students age 13+

Every year master Andrew Cameron is holding Wing Chun seminar. This is a two day seminar but students can attend one day if not able to make both. It is a great opportunity for you to meet our master and get to know him. He will explain and show many interesting drills and applications of our Wing Chun System and inspire you to practice and achieve more. These days are very beneficial as gives you 6 - 7 hours per day of Wing Chun practice.

When: 24th and 25th of March

Time: 9:30am - 16:30pm

Where: WCI Leamington Spa, 8 High street, CV31 3AN

Price: £50 per day or £80 for both days

You must have your training gear and license with you, full uniform (T-shirt and Trousers) or alternatively white t-shirt and black track-suit bottoms.

Please let your instructor know what day you will be attending to help with organise the transport.

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 our [website](#)

Attendance

For you to progress at a steady pace, we would like to see you in your classes a at least 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 your 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 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

This Rotation Phase 2 students (grades 4 - 7) will be learning the anti-grappling programme. This programme's aim is to teach a student to recognise the grab coming from a punch or other attack. This programme introduces students to two directional force and develops body power. The common application used is circling motion to find a weak points in grips.

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 the multiple assailants. This programme introduces to an idea of monitoring outside lines instead of only centre line. Learning to find an exit is the main objective for a student. Also using an opponent as a shield and understanding the difference between inside and outside gate is emphasised in the class.

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

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 on Saturdays in WCI London school.

Home Work

Here you can find the Eight Basic steps.



Children Curriculum

Little Dragons and Junior Warrior Beginners

The Little Dragons Programme is designed for four to six years old children to develop the 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. Junior Warriors starts training with Little Dragons. Once they have achieved the 4th student grade, they are invited to the advanced class.

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 Yellow Sash grading.

This rotation children will be learning the Partner training. This module will teach your child how to work with other children in the safe and respectful manner.

Children will work on:

- Partner exercises
- Pad Work
- Head Covers, Body covers and Leg Covers
- Mirroring
- Monitoring

Concentration

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

Do you know how to improve your concentration at:

***School**

***Home**

***Wing Chun**

Junior Warrior Advanced

The Junior Warrior Programme is designed for seven to 12 years old children, it is specifically designed to help the child to 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.

This rotation we will look at the low punch defence. This module will teach the students practical self-defence skills and how to avoid being punched in the stomach. The 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.

The Phase 2 students (Red Belt to Blue Belt) will learn

- Forms: Matrix drill - Garn Sao and Pak Sao, 8 Basic steps - Advancing step and Meridian stance;
- Lat Sao sparring drill: Changing sides and pivoting;
- Applications: Using Garn Sao and Gum Sao for a low punch defence;
- Reaction drill - Garn Sao and punch, Gum Sao and punch pad work

The Phase 3 students (Blue Belt and above) will learn;

- Forms: Siu Nim Tao
- Sparring: The low punch defence;
- Reaction drill: Dan Chi Sao traditional roll.

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



Timetable

Children (age 4 - 12)

Wing Chun - beginners

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 5:45—6:15 Beginners

Junior Warriors (age 7-12)

Wing Chun - advanced

Barton Neighbourhood Centre

Monday 6:15pm - 6:30pm

South Oxford Community Centre

Tuesday 5:45pm - 6:15pm

Thursday 5:45pm - 6:15pm

Didcot Civic Hall

Wednesday 6:15pm - 6:30pm

Children (age 4 - 12)

Black Belt Weapons

Barton Neighbourhood Centre

Monday 6:00pm - 6:15pm

South Oxford Community Centre

Tuesday 5:30pm - 5:45pm Beginners

Tuesday 6:15pm - 6:30pm Advanced

Thursday 5:30pm - 5:45pm Beginners

Thursday 6:15pm - 6:30pm Advanced

Adults age 13+ Wing Chun Beginner

Peachcroft Social Club

Monday 8:30pm - 9:30pm

South Oxford Community Centre

Tuesday 6:30pm - 7:30pm Beginners

Thursday 6:30pm - 7:30pm Beginners

Didcot Civic Hall

Wednesday 7:30pm - 8:30pm
Beginners

Adults age 13+ Wing Chun Advanced

South Oxford Community Centre

Tuesday 7:30pm - 8:30pm Advanced

Thursday 7:30pm - 8:30pm Advanced

Didcot Civic Hall

Wednesday 6:30pm - 7:30pm
Advanced

Adults age 13+ Wing Chun Masters

South Oxford community Centre

Tuesday 8:30pm - 9:30pm

Thursday 8:30pm - 9:30pm

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](#)

See you all in training!