

# WING CHUN INTERNATIONAL



Wing Chun International Newsletter

April 2018

## Grading April 2018



23rd of April - 26th of April  
Regional Grading Day is on the  
28th of April

Payments and licences  
accepted by 13/04/2018

Please make sure your licence is up to date!

### 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:**

James Bagdadi (Oxford)

Joaquin Fernandez (Oxford)

Chloe Blackwell (Oxford)

### Theory of the month

#### *Stick at the wrist*

*You must stick at the wrist keeping constant contact with your opponent's arms and through multiple short-range movements to deflect attacks and then strike hard, straight and fast.*

#### Motto of the month

*Learning the techniques without developing the skills will never bring any accomplishment.*

### Events

- 21st of April  
Children demo Outburst Festival
- 23rd of April - 26th of April Grading Week
- 28th of April  
Regional Grading Day
- 19th of May  
Children self-defence seminar
- 19th of May  
Adults Chi Gerk seminar.

# The Matrix drill.

The Matrix drill was created by Master Andrew Cameron - the founder of Wing Chun International.

The purpose of the Matrix drill is:

- To teach the student Centre Line theory;
- To teach the student nine most commonly used hand shapes in our Basic Programme;
- To gain a muscle memory for correct elbow, wrist, and hand positions;
- For advanced students, to practice the shadow boxing;
- To start to practice sparring techniques.

The nine shapes are:

1. Bong Sao
2. Tan Sao
3. Jam Sao
4. Gaun Sao
5. Pak Sao
6. Lap Sao
7. Fook Sao
8. Kau Sao
9. Gum Sao



Wing Chun Guard - Man Sao and Wu Sao

The Matrix drill must be practiced from the Wing Chun Kung Fu guard position - Man Sao and Wu Sao.

## Home Work

Please watch the video where Master Andrew Cameron shows the Matrix drill:



# Adults Grading

## 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.

## Phase 1

Phase One students (grades zero to three) will be tested on:

- Siu Nim Tao - sentence 2 and sentence 8
- 8 Basic Steps - IRAS stance, Step 3 (Advancing step) and Step 4 (Meridian Stance)
- Matrix drill - Jam Sao, Gaun Sao, Kau Sao and Lap Sao
- Dan Chi Sao traditional roll, changes, pressure
- Lat Sao 10 points
- Low punch defence using Gaun Sao and Gum Sao: statick, forward and backwards, left and right.
- Theories - wedge theory and simultaneous and attack and defence

## Phase 2

Phase Two students (grades four to seven) will be tested on:

- Siu Nim Tao positions and Chum Kiu skeleton.
- Boxing Drill
- "123 drill"
- Advanced Steps
- Chi Sao First Section
- Anti-grappling program - legs, body, arms, throat.
- Theories - nose to nose theory, bridging with arms, arms moves/ body stays still.

## Phase 3

Phase Three students (grades eight to eleven) will be tested on:

- Development of Siu Nim Tao and Chum Kiu positions
- Advanced Steps
- 8 kicks
- Sparring Drills
- Chi Sao First Section
- Multiple assailants
- Theories/Concepts - Looking for the exit, positioning, monitoring, shielding

### Phase 1 Grading

**Monday:** 8:30pm - 9:30pm  
Abingdon **Part 1**

**Tuesday:** 6:30pm - 7:30pm  
Oxford **Part 1**

**Wednesday:**7:30pm -  
8:30pm Didcot **Part 2**

**Thursday:** 6:30pm - 7:30pm  
Oxford **Part 2**

### Phase 2 Grading

**Tuesday:** 7:30pm - 8:30pm  
Oxford **Part 1**

**Wednesday:**6:30pm -  
7:30pm Didcot **Part 1**

**Thursday:** 7:30pm - 8:30pm  
Oxford **Part 2**

### Phase 3 Grading

**Tuesday:** 8:30pm - 9:30pm  
Oxford **Part 1**

**Thursday:** 8:30pm - 9:30pm  
Oxford **Part 2**

Please attend one  
Part 1 and one Part  
2 grading day to be  
graded.

# Children Grading

## Little Dragons Partner Training

- Foot Work:
  - Guard Stance
  - Half Steps
  - Replacing Steps
- Punches:
  - Jab, Cross, Hook
- Knees and Kicks
  - Round Knees
  - Round Kicks
- Head covers, Picks, Body Covers and Leg Covers

## Junior Warriors Cover Form

**From Guard Stance - left foot stepping forward.**

- Half Step Right, Left head cover
- Guard Stance, Right Hook
- Half Step Left, Right head cover
- Guard Stance, Left Hook
- Half step back, Left Pick
- Guard Stance, Cross
- Half step back, Right Pick
- Guard Stance, Jab
- Half Step Right, Left body cover
- Guard Stance, Right Knee
- Half Step Left, Right body cover
- Guard Stance, Left Knee
- Left Leg Bong Gerk
- Right Leg Round Kick
- Left Leg Yap Gerk
- Right Leg Round Kick

## Little Dragon Belts



## Junior Warrior Belts



## Junior Warrior Phase 2

- Forms:
  - Matrix - Garn Sao, Gum Sao
  - 8 Basic Steps - IRAS, Advancing Step, Maridian Stance
- Lat Sao:
  - Cross punches - right foot forward
  - Changing feet
  - Pivot left and right
- Applications:
  - Low Punch defence using Gaun Sao and Gum Sao
- Theories - Elbow Power

## Junior Warrior Phase 3

- Forms:
  - [Matrix](#) Complete
  - [8 Basic Steps](#) Complete
  - [Siu Nim Tao 2](#)
  - [Siu Nim Tao 8](#)
- Lat Sao 10 points sparring drill
- Applications:
  - Low Punch defence using Gaun Sao/ Gum Sao/ Arrow step and 3 punches
- [Dan Chi Sao roll complete](#)
- Theories - Drop step

## Rewards



Attending 16 classes per rotation



For helping a friend or family member to enrol.



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 to protect their training 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. Next rotation students will learn how to use Jo/ Bo Staff

*Please order Jo/Bo in advance from your instructor or any other place but ask for an advise for sizing.*

## Children Demonstration

Saturday, the 21st of April WCI Oxford school has been invited to the Pegasus Theatre to hold a demonstration. It will start at 3:45pm and end at 4:45pm. Children have been practicing moves for the demonstration during the weapons class and are looking forward to this event.

The plan for the day is to do a demonstration until 4:15 and then give a chance to other children to try some kung fu. The higher belt Junior Warriors will be happy to help out. As this time Studio will be just for us, there will be a plenty of space for lots of activities.

### Demo timetable:

1. Kick boxing form ( everyone)
2. Single escrima form
3. Self Defence demo against kickboxer (phase 2 Junior warriors)
4. Sparring drill - 123 drill (Phase 3+ students)
5. Double Escrima stick Form

***Please let me know by 13th of the April if your child will be participating.***



## Perseverance

***Perseverance is the persistence in doing something despite difficulty or delay in achieving success.***

**How can you use perseverance at:**

**\*School**

**\*Home**

**\*Wing Chun**

# 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!