

WING CHUN INTERNATIONAL



Wing Chun International Newsletter - Rotation 1

2019

Referral Offer!

Dear students,

For next three month WCI Oxford and WCI Didcot will be running a special referral offer that will give you an opportunity to get a **one month FREE tuition for Basic and Advanced/ Black Belt classes**. To participate, all you have to do - bring to the class FOUR new students. They don't have to sign, just try out Wing Chun Kung Fu within Didcot or Oxford school. Once four of your referrals have had a trial lessons, you will get the next month tuition for free.

Your friends don't need to enquire through the website, but you must tell me their names and date they will be attending as there are only 4 spaces per lesson available. Anyone under age of 16 must have a legal guardian present during the class - just watching.

Please leave a review on Facebook pages:

[WCI Oxford](#)

Wedge Theory

At Wing Chun we don't block, we use shapes that redirect the attack. Wedge theory as about learning correct angles that redirect energy away from us. Bong Sao, Tan Sao, Man Sao, Fook Sao - they all have a purpose to deflect the energy.

Simultaneous attack and defence

This just simply means defending and attacking at the same time. We can use the circle theory using hand shape to deflect the attack and shift our stance yet using other hand to strike or we can use the strike as defense by creating a wedge. The most common one is a jumping punch.

Have you considered becoming a martial art instructor?

There are few steps to take to become an instructor so here they are:

1. You must be 1st Student grade to become a candidate instructor;
2. You must be 5th Student grade to become an assistant instructor;
3. You must be 9th student grade to become a probationary instructor;
4. You must be 1st Technician Grade to become a certified instructor.

If you are considering to become an instructor in the future, we do advise to start your training as early as possible to give you a time to learn and improve your teaching skills before starting to run your own school. To become a Certified Wing Chun Instructor under WCI brand, you must attend CIT days run by Master Andrew Cameron. For more information, please speak to Sifu Dace.

Events

- **5th of July** Bury Knowle Park, Oxford - kids Kung Fu class 5pm - 6pm
- **6th of July** Edmonds Park, Didcot - kids Kung Fu class 12pm - 1pm
- **7th of July** Cowley Road Carnival 12pm - 2pm
- **3rd of August** Hinksey Park, Oxford - kids Kung Fu class 12pm - 1pm
- **3rd of August** Hinksey Park, Oxford - adults Wing Chun class 1pm - 3pm
- **4th of August** Didcot Summer Fayre
- **17th of August** - Wooden weapon restore work shop for children

Check out the event list and let me know if you can help with any!

Cowley Road Carnival

Dear Students, this year we have been invited to participate at Cowley Road Carnival. Every year it is one of the most amazing events happening in Oxford with hundreds of participants and lots of fun on the Cowley Road.

This year the Carnival takes place on **Sunday the 7th of July** and the Cosmic theme is **Space is the Place**.

"We are celebrating 50 years since mankind first took that giant leap and walked on the moon. With this theme you really can reach for the stars, as the opportunities for interpretation are as infinite as space itself! From astronauts to aliens, rockets to flying saucers, from planets to galaxies to universes, from meteorites to comets and from white dwarfs to supernovas, there's so much to inspire you. Go big and send the theme spinning out of orbit, or just add a little sparkling space dust or alien antennae to your outfits and structures. Everyone in Procession is a star – now you get to shine like one!"

I do think it would be a great idea to add to our Kung Fu uniform Bo Staffs decorated with foil and sparkle or broadswords or maybe even a lightsabre that cost as little as £10 on amazon; maybe some kids have them already from all these summer fates and festivals. Also wearing some hats, antennas star wars masks would be a great addition however I'd like to keep WCI Logo visible either on T-shirts, Trousers or Kung Fu suit Tunics.

Please watch the video of Cowley Road Carnival 2017 and tell me by 5th of July if you will be able to participate at 30 minutes procession.



Wing Chun International Seminar

Every year Master Andrew Cameron holds a Wing Chun International seminar. This is a two day seminar where students can attend one day if not able to make to both. It is a great opportunity for you to meet our Master and get to know him. He will explain and demonstrate many interesting drills and applications of the Wing Chun System and will inspire you to practice and achieve more. These days are very beneficial; they give you 6 - 7 hours per day of Wing Chun practice.

When: 28th and 29th of September

Time: 9:30am - 16:30pm

Where: Barton Neighbourhood Centre, Underhill Circus, Headington, Oxford, OX3 9LS

Price: £60 per day or £100 for both days; book your tickets from your instructor or Eventbrite closer to an event.



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 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 class 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 an online sign in system to help you and your instructor to track your progression. Please make sure, you arrive 10 minutes before the class and take your time to sign in for appropriate class.

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

Wing Chun Basics

Wing Chun Basic curriculum is designed to give you a starting point for learning a complete Wing Chun system. There are five subject for a student to learn. For next three month you will be learning the following:

Solo Training

Grade 0: Centre line punches - arm straight, Matrix - 9 handshapes, 8 basic steps;

Grade 1: Centre line punches - elbow power, Matrix - elbow and wrist positions, 8 Basic steps - knee, toe and heel lines and centre line;

Grade 2: Boxing drill, eight kicks, core footwork drills;

Grade 3: Shadow boxing.

P.T.S. - partner drills

Grade 0: Crossed punch drills, matrix in dan chi sao - reaction drills;

Grade 1: Parallel punching drills, parallel dan chi sao - reaction drills;

Grade 2: Entry techniques 1 - 5, crossed dan chi sao

Grade 3: Entry techniques 6 - 10, poon sao roll - double hand reaction intro.

Self Defence

Focus will be on building punching skills and delivering realistic strikes and attacks to learn counters.

- Pad work exercises for power development - punches and kicks;
- Suppress hitting training methods;
- six self defence modules - stop it before they lock it:
 1. Tackles - manage the distance and pull the attacker to the ground;
 2. Hay maker - using the circle theory and pulling person to the ground;
 3. Grabs - Wrist Grabs and breaking them;
 4. Headlock - see it and stop it before they lock it;
 5. Rear necked choke - stop it before they lock it;
 6. Guillotine - stop it before they lock it;

Forms

Grade 0: Siu Nim Tao 1 and 2

Grade 1: Siu Nim Tao 3 and 4

Grade 2: Siu Nim Tao 5 and 6

Grade 3: Siu Nim Tao 7 and 8

Theory

Manage the distance, stop it before they lock it, wedge theory.

Home Work

Here is a link for Entry techniques explained by Master Andrew Cameron.



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Also; Mitts, Shin-Pads and gum-shields should be used during your 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 class 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 an online sign in system to help you and your instructor to track your progression. Please make sure, you arrive 10 minutes before the class and take your time to sign in for appropriate class.

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

Wing Chun Advanced

Wing Chun Advanced curriculum is designed to give you a complete self-defence system. This can be introduced to as early as a grade 0 student however main focus is not to treat a student as beginner but inspire to work harder and practice more. This curriculum is based on a Student grade 5+ but will be adapted to each individual.

Solo Training

Students are introduced to the Shadow boxing - footwork, hand shapes and punches and kicks. At this level students are learning knee and elbow strikes.

P.T.S. - partner drills

Entry techniques 3 and 4 impulse training and counters, 123 drill.

Grade 5: Poon Sao roll, three attacks, passive, active and reverse change;

Grade 6: Poon Sao roll, 6 defences of Wu Sao;

Grade 7: Poon Sao roll, Matrix in chi sao

Grade 8: Recap Grade 5 and 6.

Self Defence

Groundfighting

- Guard and mount position
- Survive
- Control
- Get out
- Get up

Forms

Grade 5: SNT 1 and SNT 2 applications, Chum Kiu 1/4 skeleton

Grade 6: SNT 3 and SNT 4 applications, Chum Kiu 2/4 skeleton

Grade 7: SNT 5 and SNT 6 applications, Chum Kiu 3/4 skeleton

Grade 8: SNT 7 and SNT 8 applications, Chum Kiu 4/4 skeleton

Theory

Control the chaos, survive efficiently, attack strategically, always look for escape.

If you are grade 5 and above and wish to become an instructor or improve your training, you are welcome to attend the Technical Class on Tuesdays and Thursdays 8:30pm - 9:30pm in South Oxford Community Centre.

£10 per session

£25 unlimited attendance

Little Dragons Page

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 the 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 to protect their training partner from injury.

As summer is coming up, please let your instructor know if you are interested in shorts or skorts for your child.

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. 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 Jo Staff.

From September children will be learning to use Escrima. Please order the weapon month prior to the new rotation.

Little Dragons

Little dragons (age 4 - 6) programme is based on 80% of life skills and only 20% on martial arts. I truly believe, child must learn about respect, develop the focus of once mind, control of the body and have a balance and coordination before teaching martial arts. That's why in Kung Fu classes children learn through games and drills. For next three month Little Dragons will be learning how to punch and kick pads.

Phase 1 Little Dragons (White Belt to White/ Red Belt) will learn:

- Guard stance - 100% ready and focused for a pad work;
- Jab, cross, hook, uppercut and backfist;
- Front kick, round kick, side kick and back kick.

To grade, student must attend 8 hours of training.

Phase 2 Little Dragons (Red Belt to White/ Blue Belt) will learn:

- Partner training with pads - distance management;
- Kickboxing sequences that consist of 3 moves;
- Hook kick, spinning kick and crescent kick.

To grade, student must attend 10 hours of training.

Phase 3 Little Dragons (Blue Belt and above) will learn:

- Partner training with pads - distance management;
- Kick boxing sequences consisting on 5 moves;
- Kick boxing form for performance and demonstration.

To grade, student must attend 12 hours of training.

There will be no classes available 11th - 15th of July due to instructor taking holidays and visiting family.

Kickboxing Form

1. Jab
2. Cross
3. Bob and weave
4. Back fist
5. Hook
6. Uppercut
7. Side kick
8. Round kick
9. Turn
10. Back Kick



Junior Warrior Page

Uniform

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

- Junior Warrior uniform - Blue WCI T-shirt, Black WCI Kung Fu suit and Sash, representing the 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. 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 Bo Staff.

From October children will be learning to use Escrima. Please order the weapon month prior to the new rotation.

Junior Warriors

Little dragons (age 4 - 6) programme is based on 80% of life skills and only 20% on martial arts. I truly believe, child must learn about respect, develop the focus of once mind, control of the body and have a balance and coordination before teaching martial arts. That's why in Kung Fu classes children learn through games and drills. For next three month Little Dragons will be learning Self-defence module.

Phase 1 Junior Warriors (White Belt to Red Belt) will learn:

- Guard Stance - 100% ready to train;
- Jab, cross, hook, uppercut and backfist;
- Front kick, round kick, side kick, back kick, spinning kick, hook kick and crescent kick;
- Kick boxing form - check the Little Dragons page - for demonstration and performance.

To grade, student must attend 12 hours of training and bring in 2 home works.

Phase 2 Junior Warriors (Red Belt to Green/Red Belt) will learn:

- Wing Chun History;
- Training stance - IRAS and fighting stance - Meridian;
- Wing Chun Guard - Man Sao, Wu Sao, Wing Chun punches
- Defensive hand shapes - Pak Sao and Lap Sao and leg defence - Bong Gerk, Yap Gerk;
- Entry Technique 1 - trapping and controlling the aggressor;
- Self defence - dealing with aggressor who punches, kick and is on top of in a mount position.

To grade, student must attend 14 hours of training. And bring in 2 home works.

Phase 2 and Phase 3 Little Dragons (Green/Red Belt and above) will learn:

- Wing Chun theories principles and mottoes;
- Matrix drill, Boxing drill and 8 Basic steps;
- Entry Technique 1 and Entry technique 2;
- Self defence - dealing with aggressor who punches, kick and is on top of in a mount position;
- Anti-bullying programme.

To grade, student must attend 16 hours of training and bring in 2 home works.

There will be no classes available 11th - 15th of July due to instructor taking holidays and visiting family.

Timetables

Children classes	Monday Barton OX3 9LS	Tuesday SOCC OX1 4RP	Wednesday Didcot OX11 7HN	Thursday SOCC OX1 4RP	Friday	Saturday
Children Beginners (Age 4 - 12)	5:30pm - 6:00pm	5:00pm - 5:30pm	5:30pm - 6:00pm	5:00pm - 5:30pm		
Children Beginner Weapons	6:00pm - 6:15pm	5:30pm - 5:45pm	6:00pm - 6:15pm	5:30pm - 5:45pm		
Children Advanced (Age 7 - 12)	6:15pm - 6:30pm	5:45pm - 6:15pm	6:15pm - 6:30pm	5:45pm - 6:15pm		
Children Advanced Weapons		6:15pm - 6:30pm		6:15pm - 6:30pm		
Private lesson (30 minutes)					10am - 6pm	10am - 6pm
Adult classes	Monday Didcot OX11 7HN	Tuesday SOCC OX1 4RP	Wednesday Didcot OX11 7HN	Thursday SOCC OX1 4RP	Friday	Saturday
Adults Basic class	8:30pm - 9:30pm	6:30pm - 7:30pm	7:30pm - 8:30pm	6:30pm - 7:30pm		
Adults Advanced class		7:30pm - 8:30pm	6:30pm - 7:30pm	7:30pm - 8:30pm		
Adults Technical class		8:30pm - 9:30pm		8:30pm - 9:30pm		
Private lesson (60 minutes)	10am - 2pm		10am - 2pm		10am - 6pm	10am - 6pm

WCI Oxford

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

WCI Oxford

Barton Neighbourhood
Centre
Underhill Circus
Headington
Oxford
OX3 9LS

WCI Didcot

Didcot Civic Hall
Britwell Road
Didcot
OX11 7JN

Contact us

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[Facebook WCI Oxford](#)

[Facebook WCI Didcot](#)

[Website](#)

See you all in training!