

WING CHUN INTERNATIONAL



Wing Chun International Newsletter

March 2016

March 2016—New Schools Opened

[WCI Worldwide](#) is growing every day. In the March we have the following schools starting classes:

[WCI Didcot](#)

[WCI Dunstable](#)

[WCI Aylesbury](#)

[WCI Milton Keynes](#)

[St Albans](#)

Special Offer

We have a special offer for those who wish to join us in March 2016. WCI Worldwide schools this month are giving you a gift—Mitts or Shin Pads. Join us in March by booking 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 school.

Welcome to Wing Chun!

Leamington Spa: Adult: Raj Gor, Stephen Akwei; Junior Warrior: Jai Chanders; Little Dragons: Noah Dommet, Jacob Dommet

Oxford: Junior Warrior: Alexa Lee

Didcot: Adult: Stuart Martin

Banbury: Adults: Sam Cubitt, Tom Cubitt, Paul Rees, Orsolya Olasz; Junior Warriors: Nathan Chung, Micah Wakefield; Little Dragons: Connor Murdock

Milton Keynes: Adults: Andy Gilsenpan

Aylesbury: Adults: Sampath Wijesinghe, Daniel Shepherd, Mark Richards

St Albans: Adults: Hatem Abdellatif

Dunstable: Adults: Nick Williamson

Northampton: Adults: Lianne Saxton, Stephen Quach; Junior Warrior: Nathan Job

Leicester: Adult: Robert Clarke, David Wright

Bromsgrove: Adult: Brandon

Stratford Upon Avon: Adult: Pauline Day

Kidderminster: Adult: Masha Gauden

Swindon: Adult: Fabio Pellizari, Elisa Rosolin, Mike Wright

Abingdon: Adult: Simon Lazarus, Stephen Tobin

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

The elbow must be strong. Then you can take on any attack.

Events

- 29th February—3rd of March Grading Week
- 19th and 20th of March—Master Cameron International Seminar
- 26th March 4pm—6pm Sparring Seminar, Barton Neighborhood Centre, OX3 9LS

This Rotation

Phase 1

This rotation Phase 1 students (Grades 0 - 3) will be learning about Low punch defence. This programme teaches student to maintain his/her centre line, keep good balance and use an elbow as a control point of ones body. The main focus of training is to learn to sink and elbow by dropping the shoulder, being relaxed but still in control of arm positions. Two main shapes covered are Garn Sau—the chopping hand and Gum Sau—the pinning hand.

Other subjects for Phase 1 students: punching techniques, hand shapes, footwork, Siu Nim Tau, Dan Chi Sau, Lat Sau game.

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 Multiple Assailants. The programme introduces to idea of monitoring outside lines instead of 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

If you are grade 12 already, your training is more personal as it's aim is to get you to your 1st Technician Grade. For you to be tested as 1TG, you must know 7 sections of Chi Sau. Please book a group trainings directly with Sifu Scott for regular improvement.



**Congratulations for achieving your next Grade!
Well done to all TG students for getting one step closer to their TG Grades!**

Uniform

It is important to us as an organisation that our students are wearing appropriate uniform. Grades 1-11 should have black WCI trousers and white WCI T-shirt. Grades 12+ should wear Black T-shirt instead of a White one. Also Mitts, Shin Pads and gum shield should be used during your Lat Sau, Sparring or application training. All uniform can be purchase from your instructor or directly from our website:

[Shop](#)

Attendance

For you to progress at a steady pace, we would like to see you in your classes a minimum 2x per week. If that is not possible, please allocate a time when you can practice your form, shapes and foot work at home or book an invaluable 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 by text or call.

Master Cameron Seminar

Wing Chun International presents their ultimate martial art seminar where Master Andrew Cameron along with some of his top UK instructors will be teaching the secrets to unlocking the whole Wing Chun system.

There has never been a better time to learn one of the most practical, realistic and effective self-defence systems in the World!!!!

Master Cameron has been involved in martial arts since 1974 and in 1986 he discovered the Wing Chun system to which he has dedicated his life's work to the development of the Wing Chun System and to keep it at the cutting edge of martial arts.

Come and learn the real secrets to training and unlocking the Wing Chun system.

Location: WCI Head Quarters, 8 High Street, Leamington Spa.

Time: 9am - 4.30pm

Doors open at 9am, seminar starts at 9.30am

Cost: £50 for 1 day or £80 for the weekend (you can buy them from your instructor)

THIS SEMINAR IS OPEN TO WCI STUDENTS AND INSTRUCTORS ONLY

Sparring Seminar Part 2

WCI Oxford is inviting everyone for a Sparring Seminar Part 2 on Saturday 26th of March.

26th of March 4pm—6pm WCI Oxford will be holding Sparring Seminar Part 2 in Barton Neighborhood Centre, Underhill Circus, OX3 9LS

In this seminar students will be taught 6—10 entry techniques and how to use them for their sparring training. Learning techniques and countering them will be our focus to open up a student's mind for more advanced Wing Chun. Don't forget to grab your Mitts, Shin-Pads and Gum-Shields for the event.

If you wish to attend, please make sure, you have bought your ticket by 14th of March through [Eventbrite](#) or paid to Sifu Dace.

Please do not forget your licence on the day.

If you are not part of Wing Chun International, you are still welcome to attend the seminar.

Children Testing

Little Dragons and Junior Warrior Grading

Kick Boxing

White Belt students was tested on performing their Kick Boxing Form. Little Dragons age 4 - 6 had to be able to perform movements the best of their ability by copying instructor or assistant instructor to achieve their White/Yellow Belt. Junior Warriors age 7 - 2 had to be able to perform the form by heart with loud voice and sharp movements to achieve their Yellow Belt. This rotation your child will be learning Partner Training that will improve one's coordination and teamwork. This curriculum has a 8 part form to learn for your child's grading in April 25th - 29th

Junior Warriors Grading expectations are higher than Little Dragons. Your child had to perform The Kickboxing Form as a solo movement and pad work. It is important for instructor to see clear difference between Little Dragon performance and Junior Warrior performance. Junior Warriors have to be able to explain 12 Words of the Week.

Congratulations

Junior Warrior

Phase 2 and 3 Grading

Wing Chun

- Siu Nim Tau—first form
- Crossed punches
- Leg covers
- Defense against Straight Punches
- Centre Line punches
- Centre Line Palm strikes

Rewards



Attending 16 classes per rotation



For helping the friend or family member to enrol



For submitting WCI homework on time or helping in events



For academic excellence, please bring your children great 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

Little Dragon Uniform is a green WCI T-shirt and a black WCI Kung Fu suit, the Junior Warrior uniform is a blue WCI T-shirt and black WCI Kung Fu suit. It is important that your child wears comfortable trainers as heavy footwear might hurt their feet during exercises and cause injuries to training partners. The Kung Fu suit is needed as your child's reward badges go on them. Please ask your instructor for more information. You can buy your uniform from your instructor or the WCI

[Shop](#)

Weapons

Weapon training is designed for those children who want to achieve their Black Belt. As we now have many part time schools around the UK our focus on this part of your child'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. The March will start with rotation 2 so the children will be learning Nunchacku. You can order these from your instructor or from our

What is Black Belt Excellence?

Black Belt Excellence is the attitude student have towards their own life. It comes within oneself:

- Always being on time—in your bed, for school, martial art training, brushing teeth. Everything must be done quickly and on time
- Looking neat and tidy—hands and face washed, shoes and clothes clean, uniform worn with Respect
- Having good manners—helping others, not pushing or pulling. Not interrupting class, using titles when addressing an adult.
- Being a role model to others by showing them how to act, what to do instead of telling them—Leading by example.
- Knowing your Wing Chun and being able to demonstrate and perform in front of other people.



Student Of the Rotation



Oxford— Little Dragon Sage McKenzie, Junior Warrior—James Deeke



Banbury— Little Dragon Maximilian Roberts-Richardson, Junior Warrior—Fae Paginton



Northampton— Little Dragon Caleb Watts, Junior Warrior Alice Ifrim



Black Belt of the month



Oxford—Luna Surmann



Banbury— Rayyan Sallaj, Esme Heaton-Biggs



Northampton— Krystian Redel



Locations available

Bedfordshire

Dunstable

Buckinghamshire

Aylesbury, Milton Keynes

Hertfordshire

St Albans

Leicestershire

Leicester City, Market Harborough, Oadby

Northamptonshire

Brackley, Corby, Daventry, Kettering, Northampton, Wellingborough,

Oxfordshire

Abingdon Banbury, Bicester, Didcot, Oxford

Shropshire

Telford

Warwickshire

Coventry, Leamington Spa, Stratford-upon-Avon, Rugby

West Midlands

Sutton Coldfield,

Wiltshire

Swindon

Worcestershire

Bromsgrove, Kidderminster

Coming soon in 2016

Birmingham City, Buckingham, Derby, Hinckley, Newbury, Nottingham, Nuneaton, Reading, Solihull, Towcester, Wantage

Contact Us

Give us a call for more information about Wing Chun Kung Fu Martial Arts

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[Website](#)

[Facebook](#)

[Twitter](#)

Book a free complimentary class [here](#)

Instructors needed

Derbyshire

Shropshire

Worcestershire

Oxfordshire