

We offer...

...authentic Wing Chun taught in a traditional, holistic manner

...a highly practical and effective street self-defence system

...health and fitness training to ward off injury and illness

...safe enjoyable training

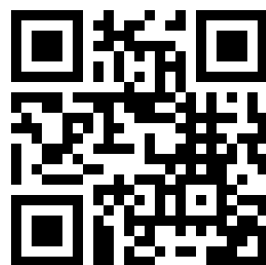
...private lessons for convenience and rapid improvement of individual ability to a prescribed standard

...special courses and seminars

...trips to the home of Wing Chun in Hong Kong and Fatsan in China to train with Grandmaster Ip Chun

...a nationwide network of clubs

Registered with: British Council for Chinese Martial Arts
Sports Coach UK
Wing Chun Ip Chun Academy (Hong Kong)
Ip Chun Martial Arts Association (Hong Kong)
Ving Tsun Athletic Association (Hong Kong)
Yip Man Martial Arts Association (Hong Kong)



scan for more information from our website



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Wing Chun Kuen

Wing Chun has evolved from China and is one of the most natural, effective and practical martial arts. Simple yet devastating, its reputation as an effective street self-defence system has been proven on the streets of Hong Kong and throughout the world today. However, in the Chinese tradition, Wing Chun training also serves as a defence against disease and degeneration. Thus, the system provides self-defence both internally and externally.

Wing Chun maintains health, fitness and well-being, through a traditional framework, challenging the practitioner both physiologically and psychologically.



Wing Chun also helps in building self-confidence and self-esteem not arrogance through its Taoist philosophy. True martial artists do not need to "prove" themselves through violence.

"The best fighters never fight"

Master Hung Yi Hsiang

Wing Chun is for ALL

The legendary Grandmaster Yip Man continued teaching and training Wing Chun until his death at the age of **74** in **1972**. His son, our Grandmaster Ip Chun, was born in **1925** and was trained by his father in Hong Kong. Grandmaster Ip Chun still teaches at the **Ving Tsun Athletic Association** in Hong Kong.

Despite the small frame and build of Master Ip Chun, he is able to train with younger, fitter and larger students but still effectively control, dominate and wear them out. He achieves this with skill and technique allowing him to conserve energy that demonstrates the core principles of Wing Chun proving that size, fitness and age are of no consequence.

Chi-Kung (Breathing Energy)

Incorporated within the first form of Siu Lim Tao are breathing exercises, commonly called Chi Kung, meaning breathing energy. These breathing exercises help us control our heart and metabolic rate, as well as detoxify and then store fresh energy within our bodies.

According to Taoist view, the nutrition provided by air through correct breathing is more important to life, health and longevity than that provided by food or water. Hence correct breathing techniques are promoted at an early stage.

" You can live two months without food and two weeks without water, but only a few minutes without air "

Master Hung Yi Hsiang

Starting your journey

For the first **16 sessions**, all newcomers are taught the basic techniques and principles and are encouraged to watch the main class train. During this period probationary students are encouraged to ask SIFU (the instructor) and other students questions about any aspect of Wing Chun Kung Fu. At the end of the introductory course probationary students can decide whether they wish to join CWCK or not.

At the same time, over the introductory period, the probationary student is reviewed by the SIFU (instructor), who will assess the individuals attitude to training and their attendance to determine their suitability to be a student and member of the Cheltenham Wing Chun Kuen and the Midlands Wing Chun family.

"We teach by selection and invitation only; we offer authentic Wing Chun taught in the traditional way. We set and expect the highest standards, teaching only respectful, dedicated and genuine Martial Artists who train hard with the correct attitude"

SIFU Shaun Rawcliffe

Chief Instructor: MIDLANDS WING CHUN KUEN

Response Form

Please take the time to fill all information on this page and bring to your first training session, thank you.

Where did you hear about CWCK?

- Internet
 Magazine
 Friend
 Yellow Pages
 Other (please specify)

Have you trained martial arts before?

- Yes
 No

Why do you want to train in a martial art?

- Self Defence
 Self Confidence
 Fitness
 Something to do

Comments

Name: _____

Address: _____

Post Code: _____

Phone: _____

Mobile: _____

Date of Birth: _____

Date of first attendance: _____

Email Address: _____

Cheltenham Wing Chun Kuen