
What is WING CHUN?

Wing Chun is an orthodox Shaolin kung fu. Wing Chun is based on techniques originally developed at the famous Shaolin Temple and was created over four hundred years ago. The style is named after a woman, **Yim Wing Chun**. According to legend, a Buddhist nun, Ng Mui, taught Yim Wing Chun this art so Yim could fend off an aggressive, unwanted suitor. At that time the Shaolin temple had been destroyed and most of the monks had either been killed or dispersed. The martial system is thought to have been created as a quicker way of training advanced fighting skills to aid in the Shaolin monk's subsequent efforts to overthrow the Ch'ing government and restore the Ming emperor. Over a thousand years of martial arts knowledge was condensed into a single fighting style.

Although the monks failed in their quest, Wing Chun Kung Fu endured. As with many Chinese martial arts, it was secretly passed down through the generations in a family until being taught publicly in Hong Kong by the late Grand Master **Yip Man**. Some famous practitioners include Wong Shun Leung, William Cheung, and **Bruce Lee**.

Over time various branches of Wing Chun have evolved. The best known, and the one we teach, is the "**Hong Kong Style**" or "Yip Man Style". However, it should be noted that even Yip Man modified the forms over the course of his lifetime. Some students

prefer his early teachings; others, such as Bruce Lee, made their own adjustments.

Wing Chun appears deceptively simple. Its three hand forms cover the essential elements of attack and defense. The wooden dummy form helps to perfect and refine your technique.

The first form is called *Sil Lum Tao*, which translates into "The Little Idea". This form incorporates most of the theoretical basis for the art. The other empty hand forms, *Chum Kui* and *Bil Jee*, enhance and augment the concepts presented in the first form.

The *Mook Jong* is designed so that almost all of the techniques can be practiced on it. The wooden dummy reinforces correct stance, arm positions, stepping and the direction of energy. The wooden dummy represents an opponent with which to train, thus allowing you to practice even when you don't have a partner.

Chi Sau, which literally means 'sticking hands', is the most important facet of Wing Chun training. *Chi Sau* gives a heightened sense of awareness, that greatly enhances your contact reflexes.

Wing Chun theory stresses the importance of two principles: a **straight line** is the shortest distance between two points; and, if you control the **centerline** you optimize your defense and offense. Wing Chun relies on speed and finesse developed through training your body's sensitivity and reflexes, rather than having to resort to brute force. It

is characterized by close-quarters fighting strategies, lightening-fast hand techniques and effective low kicks. The blocks and strikes are targeted to have maximum effect. These qualities make it an ideal martial art for everyone regardless of size, strength, flexibility, age or musculature.

Why Study WING CHUN?

There are other good martial arts but among these Wing Chun stands out as a jewel. It is simple, elegant, effective and enjoyable to practice.

Wing Chun does not teach a set pattern of combat. It trains you to respond freely, thus increasing its practicality.

The secret to Wing Chun's effectiveness is that it initially trains a person to respond by sight, and then advances to responding to touch. Response to touch is up to nine times faster than the body's response to direct visual inputs.

Wing Chun also trains you to use both hands and both legs without discrimination.

Most students find that Wing Chun training improves their coordination, balance, stamina, self-confidence and overall well being.

Some other reasons for studying Wing Chun at the Saskatoon School of Kung Fu include:

- A **free** introductory class
- A clean, secure, friendly atmosphere
- Experienced, qualified instructors, and limited class size
- Standardized lesson plans and sash (belt) requirements
- Reasonable monthly rate, **\$50** for students, with no examination fees or other hidden costs
- No expensive or special equipment required
- It is an excellent aerobic workout, and it improves body tone and flexibility

About the School

Founded in 1994, by Sifu **Doug Ullrich**, the Saskatoon School of Kung Fu has been growing steadily in student enrolment and achievement.

The Saskatoon School of Kung Fu started out as a once a week, half hour course that shared time with a Jiu-jitsu class at the Lakewood Civic Center. It has since expanded into a three times per week program which has moved into its own facility located at 309 38th Street East.

Classes are two hours long. The first hour and a half are for all students and the last half hour is for advanced level student training.

The school is well appointed with many traditional and modern training tools such as

several Mook Jong (wooden dummies), mirrors, heavy bags, speed bag, double ended and reflex bags, kick pads, focus pads, and mats.

Classes begin with warm ups and stretching, followed by forms practice, individual and partner drills, then usually finish with Chi Sau or other exercises.

Class sizes are limited to ensure a quality training environment for all students.

CLASS SCHEDULE

Monday 7:30 – 9:30 p.m. advanced students

Wednesday 7:30 – 9:30 p.m. all students

Saturday 12:30 – 2:30 p.m. all students

SCHOOL LOCATION

309 38th STREET EAST SASKATOON SK

CONTACT

If you are interested, you are welcome to view or participate in a class. For further information or to arrange a visit, please contact Sifu **Randy Morris** at **229-2632**.

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Saskatoon School of Kung Fu



Teaching the Art of
WING CHUN