

In May 1999 I first attended WCDKA at the Bournville class in Birmingham. I don't think on that Saturday morning, I knew what impact that visit would have on me.

I knew little about Wing Chun or Qigong but was instantly impressed with atmosphere of the class. It was relaxed but clear to see that the students had respect for their teacher (Si-fu Lui). After maybe two months of training I was invited to become a member of the association.

In the four and half years since then, I have managed to attend two classes per week fairly consistently. When the classes that were local to me were relocated, I decided that this would not stop me training with WCDKA and began to travel to continue training.

Wing Chun in essence is a very simple and effective self-defence system that utilises structure, position, speed, relaxation, conservation of energy, explosive energy and flow to achieve its goal.

As a graphic designer (BA hons) my job involves lots of deadlines (stress) and computer work (sitting down), Wing Chun offers me a system of exercises that focus on relaxation and posture - Siu Lim Tao (the first form) - 'a little idea' is about clearing your mind so you focus only on the exercise as well as defining your centreline and boundaries.

I have been constantly surprised and delighted by the subtlety of Wing Chun techniques - how defensive actions can also be offensive - how the difference of 10 degrees can be the difference between a strong structure and a weak structure - how relaxation can be more effective than force or strength.

The dynamic nature of Wing Chun as a system is reiterated by Si-fu again and again - he describes our Wing Chun as a toolbox which over time and training is filled with different tools. Instead of prescriptive solutions - (if someone does this then you do that) - we are instead taught how to use a "variety of tools" and which tool we decide to use for specific task is down to the individual and the given situation. This idea of individuality is something that comes up again and again. As we develop our skills we are encouraged to

make the Wing Chun our own.

I have enjoyed my four and half years at WCDKA, and know that my awareness and self defence skills have been enhanced greatly. At times drill based practice can feel slow, but if you stay with it, you eventually reap the benefits of repetition. Applications and techniques that felt quite odd when you first train them, become correct reactions with time and patience.

Class atmosphere is friendly and Si-fu is always punctual and approachable. He treats his students with respect, is very precise and an excellent teacher. Despite his extremely high skill level - he says that he himself is continually learning. As his students I think that we benefit from this greatly.

Wing Chun, skills could be taught in a relatively short space of time but a deep understanding of these skills and how to apply them could take a lifetime. Lessons vary between training within your own level and partner training with mixed levels which also helps develop your skills - I have learnt alot from training with some of my senior students.

Once every six weeks we have a Chi Sau workshop which is great. Chi Sau is described as the bridge between forms and fighting, it incorporates the techniques from the forms but gets you to use them in a safe controlled contact situation. I remember the first time I saw students rolling hands and wondered what on earth they were doing, years later I have a much better idea...

I find that I benefit from my Wing Chun training, physically and spiritually by having the focus of a system that is at the same time simple and difficult. It constantly demands, but its also gives plenty. WCDKA provides a good learning environment and excellent teaching.



Mark M. - Graphic Designer

Shortly after I made the decision to start learning Wing Chun, I came upon the WCDKA website. I had been specifically looking for somewhere where I could get private lessons. I contacted Si-fu and arranged to drop into a mainstream class to see what exactly went on within the organisation. I sat and watched the whole session and stayed behind afterwards to discuss my potential training with Si-fu. It was a chance for me to see what was involved and also to get my questions answered, which Si-fu did thoroughly. My overall first impression was that Si-fu knew what he was talking about (this has proved true many times since).

There are a number of reasons why I wanted to learn Wing Chun. These reasons include the potential health benefits, combating stress, self-defence and increased confidence. Three years later I can see the rewards from my training. I am a lot fitter than I used to be. My stress levels are also down and I can be more relaxed about things. I find it particularly relaxing training the first form after a hard day at work!. Also, by being aware that I would actually be able to do something in the event of a confrontation, I feel more confident when I'm out and

about. I have found that you can use the Wing Chun philosophy not just in combat but also in everyday life to deal with certain situations. The same rules that you apply physically can be applied mentally too.

I had always had the idea in the back of my mind about passing on my knowledge of Wing Chun to others. So now I am hoping to progress with this plan and begin to teach. Based on my experiences I would like to encourage more women to learn the art. If this system can work for me then it can work for other women too.

It is particularly suited to the female form and as the legend says it was a woman who invented it!



Nicky C. - IT Manager

I first started training Wing Chun in the July of last year since this time I have left the job I had at that time and am now studying engineering at Aston University.

My main motive for starting to learn Wing Chun was, to find a way of keeping fit which wasn't as boring as going to the gym and in this it has been successful. However I feel that I have gained much more than this from Wing Chun, I am now much healthier and more interested in how many different aspects my life affect my health and general fitness for example diet.

Wing Chun has made me much more tolerant of other people. It has been good to have a period of the week in which I can focus just on Wing Chun and forget about the stresses of the rest of my life. I have found Wing Chun to be both interesting and it is easy to see that it is very direct and efficient and adaptable to the size and strength the individual who is learning it. Also the way in which it is taught is relaxed and people feel free to learn at what ever pace they feel comfortable with. At the same time as this it taught to a high standard and in a professional manner.

In short I feel that Wing Chun has helped me to develop both physically and emotionally and I would encourage others to learn Wing Chun but to be patient as they learn it.



Christopher H. - Engineering Student

Before I made my decision to study Wing Chun Kuen, I researched the different types of Martial Arts to find a system that I believed would suit me and prove to be an effective system. I feel that it's important to make an informed decision on what Martial Art you take up, and find one that you feel is right for you.

I studied a Japanese discipline some years ago, but the method of teaching consisted of standing in lines copying the teachers movements with very little interaction between teacher and student. I found this not to be an ineffective method of instruction because mistakes in technique could not be pointed out and corrected, leading to a weakness in effectiveness of the whole system.

My time with the Dragon Koon Alliance has proved to be a completely different experience in terms of both my instruction by Si-fu and the effectiveness of the system. I will not go into detail about the system of Wing Chun; I'll leave that for Si-fu. I will say however that the system is suitable for people of all shapes and sizes due to the adaptability of the system, and by the technique of

channelling your opponent's energy away from your own centre, without the need for great strength or force.

By Si-fu keeping the group 'relatively' small it enables him to spend time instructing the individual according to their level of advancement, whilst the relaxed atmosphere also allows each student to also learn and share their knowledge with each other.

As regards my own training I have also had private tuition from Si-fu which as always is of the highest quality. Si-fu is very dedicated to the art and his professionalism and knowledge was of Wing Chun was clear from day one.

So what has Wing Chun done for me? Well apart from the obvious, such as fitness and self defence, it has been beneficial mentally as well. It builds confidence in one's abilities in every day life not just confidence in the art. It helps concentration; and on the reverse, relaxation. It gives you something to strive for, a goal to achieve, something to be proud of without being conceited, whilst providing a way to meet new friends of a like mind.



Richard H. - Civil Servant

I was very lucky when it came to me choosing my martial art. As a youth I had dabbled in a Japanese discipline, but found its fixed routines not for my taste (it also required a dedication, like most things, I was not prepared to make at 12 in order to achieve). A little older but hardly any wiser I decided I'd like to train in Chinese Kung Fu. What I knew about Kung Fu came from two main sources martial arts films and the tv series KUNG FU and I set out to find a school that could teach me how to defy gravity, turn anything I could lift into a lethal weapon and punch bad guys through buildings.

My first outing in my quest to find my own personal grand master took me to the doors of WCKDA where I came to view and judge the Wing Chun Kung Fu they had to offer. To be honest I was mildly disappointed to start with, I sat through the warm up then a 20 min standing still meditation/training session, I was a little bemused, but I stuck it out and when it ended the group split up and started their individual training. This looked more promising!! I saw punches and kicks and things that could definitely fall into the martial art category, but I still wasn't convinced.

After a while Si-fu came over and asked me what I thought, I responded that I'd like to see some of the system in action as I was very uninformed on these things. The demonstration of skill and control he and some students put on blew me away, and no one had leapt 20 foot into the air or anything. The simplistic elegance of the system had me hooked straight away. I returned the following week to see if what I'd seen was a one off but was graced with another very impressive display, I joined there and then.

Never once have I regretted that I still can't leap buildings or float magically.

The wing chun system is a fascinating martial art. With guiding concepts and set movement sequences, it might seem very formal and limited, yet I have found that wing chun is a very dynamic and adaptive system. The concepts and set movements provide the answers to most if not all questions a wing chun practitioner might be asked. It is only us that will let wing chun become limited by not having the vision, imagination or dedication to be able to use the tools given. The adaptability of the system is in the fact it can be made to

work for anyone, being a robust fellow with powerful arms and shoulders gives me no advantage against apparently "weaker" opponents, in fact my strength is often at a disadvantage and I find myself forced by my own energy the wrong way!! (Another thing I will note here is that I have learned to never swing at Si-fu with any energy or strength it is merely redirected straight back at you)

Wing Chun is only as good as you make it. The system is there to be learnt, there are no secret techniques given to the lucky. It is all there to be seen and practised. It is through desire and dedication that any level of success is achieved in Wing Chun. Unfortunately, it takes many hard hours of training and (in my case) a lot of sweat to achieve even a basic competence, yet despite this apparently, slow development the best Wing Chun is the end product. Where the natural response to any problem situation will be over ridden by the Wing Chun response, it becomes second nature.

Wing chun is a highly scientific method of self defence that strives to keep the practitioner safe at all times. It always seems to me that thousands of years of human combat have been distilled down into wing chun, that

every eventuality has been met and an answer lies somewhere in the system. This is however romantic dreaming on my part as, there may never be a complete system that answers every martial art eventuality but I think Wing chun has come close to answering most.

When I ask a question to Si-fu or the other students the answer is never "because that's just the way it is", it's normally a rational and highly scientific response. This was one of the most impressive things of Wing Chun. Why is the foot placed like that? Because the angle it creates in the limb protects from here.....ect.

Although I came looking for the mystical east when I first set out to discover martial arts, at heart I'm a sceptic. I look for scientific and visual proof, so when people talked about "chi" (the body's internal energy) my eyebrow was raised to say the least. This internal energy is cultivated through the training of wing chun active 'Qigong' I was told, and we train to release it in the most efficient manner. When I started my Wing chun training this still remained nonsense to me as my uncoordinated body seemed to release nothing but sweat, but as my training progressed I noticed I did

indeed release some energy, more than I could acquaint with just muscle energy. Although I never tested my speed before, I know my arms and hands now move quicker. This is partly down to muscle development I'm sure but there is definitely more and I know at my level of training I have only just scratched the surface of this energy.

Si-fu's teaching style is very engaging, with generally little strict structure to the lesson. Learning your own level, at your own pace. Any questions will be answered, no matter how stupid they may seem to you, and Si-fu always has time during sessions for you to approach and discuss something if you don't want to voice it in front of everyone else.

Wing Chun has some great training techniques. Aside from the standing still hand forms and the drills there is possibly the best form of training for a martial art in chi sau. In these exercises we are sensitised to contact with an opponent, we feel their movements, and become accustomed to strikes or blows coming towards us. All this is achieved in a climate of relaxation and control, where in the entire time I have attended WCDKA I have never seen anyone hurt. I don't want to make chi sau

sound like a soft option, it can become very frenzied but always controlled. Unlike sparing where pads and helmets are required, chi sau trains with our natural tools (unfettered arms and legs) and is so effective a tool at sensing opponents movements that at high levels can be trained blind folded. I think every student at WCDKA would train more chi sau if they could!!

Personal circumstances took me away from the UK, yet I still feel very much a member of the WCDKA and I make as many training sessions as possible when I return home. Everyone always makes me feel welcome, and I truefully note that when I come back I see progression in everyone's training. Progress may not seem apparent when you train regularly twice a week but it is definitely there.

My experience of wing chun schools has not always been positive. Being away from my usual training I decided to visit an alternative wing chun school. Thinking I could retain my skills and continue my training I visited a small class. The guys were all very proficient in what they did and I recognised the tools of wing chun but the system they practiced was completely different. Unlike my usual training sessions when I leave feeling

upbeat and positive, I left that class completely drained and demoralised.

In the 27 years God has seen fit to give me on this planet I've never been in a fight, although there may be a day when I'm forced to defend myself, the over riding reason I did Wing chun as a martial art was for the ART part. To see Wing chun used with the ease and simplicity of Si-fu and the senior students is a joy. The people I train with are not aggressive or competitive and all training is done in a highly controlled manner, any unplanned contact is never dangerous and is always accompanied by profuse apologies. The people of WCDKA are all very courteous, helpful and friendly. Seeing each other so often there is a very social feel to sessions, with many jokes and laughter.

I pay deep respect to all the members of WCDKA and in particular to Si-fu who makes Wing Chun a passion and fun.



Richard P. - IT

Wing Chun has given me the ability to positively focus my mind during more stressful times. I feel a sense of well being and get a 'buzz' after training. It is very rare that I return home from a lesson having not learnt something new, however small.

I train mainstream and privately, and feel that although they offer different learning environments. I find both to be as valuable as each other.

I didn't necessarily expect psychology to play a major role. Wing Chun being so simple and yet so effective, it is every inventor's dream.

Human beings have vices. Familiar examples in today's society are too much food, alcohol, smoking and drugs to name only a few.

What makes me devoted to Wing Chun is the fact that I can positively feel significant changes taking place within me. I am increasingly more aware that there are no secrets in Wing Chun, just solid work. The inner process intrigues me just as much as the external one: i.e. the

on/off energy, learning to relax before a sudden surge of explosive kinetic power is released.

The calming of one's state of mind which as well as combating stress does enable us not to over react when dealing with anything which comes our way.

Additionally, Wing Chun has helped me focus my mind on the simple day-to-day affairs. It has assisted me in becoming a more confident person, and for other practical reasons it remains a fundamental part of my life. I believe that if I can be at peace with myself, I can better control my reactions towards those around me.

I feel that I am receiving excellent tuition from my Si-fu and that the almost two years training I have received to be priceless.

I am 30 something and have seldom experienced any physical confrontation, perhaps only once or twice. Once these negative opportunities had arisen, I did learn that by not instigating a fight, I automatically had the upper hand.

By not being confrontational, I had subsequently received a powerful message:

I had actually come away unhurt, hence a true winner.



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Wing Chun Kuen to me is an outlet whereby I can learn and understand an art form that has been around for hundreds of years. One of the philosophies of WCK is that a tree starts from a seed and then from a root comes more roots and then follows a trunk from which there are many branches grown but everything is still connected.

This basically means that if attention is given to the foundations there are no limits to what can come from them. WCK has definitely made me physically fitter and stronger and it has helped me intellectually, you have to think to do it. It has helped me learn self control. The philosophies are something that needs to be understood before the techniques can be applied. Now I have started studying WCK I think it is something I will always be interested in.

The other students involved in the association are at various different levels of skill but everyone is willing to offer help and advice. The levels of skill involved in WCK are high but they are skills that anyone can learn if they are prepared to offer dedication.

Before I got involved in WCK I had many preconceived ideas about martial arts most of which have been proven to be incorrect. What impresses me about WCK is that it is that it is a form of self defence or self preservation that is designed to be effective in a street fighting situation, it is very practical.

The quality of instruction from Si-fu is very good. Si-fu's level of skill and dedication is very high, what impresses me is that all techniques and situations are discussed and questioned intensely so that there practical use can be fully understood and justified, this is in fact encouraged by Si-fu.

A friend of mine recommended WCDKA to me and I joined with the intention of improving my fitness and learning a skill, I have gained much more than this which I consider to be a bonus. I am a lab technician in a hospital pathology laboratory I have an honours degree in Environmental Science.



Paul F.

I have currently been training with Si-fu for 2 years after being fortunate enough to be accepted as a private student with WCDKA. I had previously studied other types of chinese martial arts but due to university commitments and becoming disillusioned with the quality and direction of previous teachers, I had decided to take a break from training.

Having finished university I decided to restart my martial arts training and was looking on the internet when I discovered WCDKA and arranged a meeting with Si-fu, and as they say, the rest is history.

I have found the training and philosophy of WCDKA to be excellent, the methods being both friendly and challenging, and the underlying principles of wing chun to be straightforward and effective as anyone who has played chi sau with Si-fu will testify. Prior to studying wing chun, I had read articles from other wing chun practitioners which were biased towards their own schools / training methods etc. But I have not experienced any bias from Si-fu towards any other wing chun systems or other martial arts and he is always open

to questions and queries concerning the methods being taught etc.

In my opinion, wing chun would be of benefit to people in all walks of life to help relaxation, boost energy and generally improve one's self confidence. I'm looking forward to the next 2 years training.



Dave J. - Surveyor

When I first joined the WCDKA, what impressed me most was the friendliness of the student's. I have trained in martial arts before and have nearly always found that due to the competitive and aggressive nature of the teaching of these styles, the pupil's generally look at each other as opponents and not as fellow martial art students. Many times students would spend more time trying to knock each other's heads off instead of working together to improve technique, position, structure or usage of energy.

This is not the way of the WCDKA. Simply because every student works to improve each other, as the benefit of a higher standard of training will in turn improve everyone, at every level. And the level of skill at the WCDKA is certainly very high.

But why "Wing Chun Kung Fu"? Well I can only give my reasons. Through my early teens and 20's I trained in martial art styles that were very aggressive and power based. Many times I would come across a much larger student, the same level as myself and have difficulties applying my techniques due to their larger size. I found

this very hard to comprehend as I had always trained hard and gave 100%.

I was physically fit and spent time at the gym, so after months of exploring the system I finally came to the conclusion that this style did not suit my needs and would be a waste of my valuable time continuing with it. I had never done much research into other martial arts, so I decided to establish how they dealt with the problems I was facing. I read literature on different styles of martial arts, from Japan, Korea and China. But the one that impressed me most was called "Wing Chun Kung Fu".

"Wing Chun" has been described as devastatingly effective, a no-nonsense self-defence system, but also very simplistic and scientific. With its economy of motion and conservation of energy, centre line theory and naturally angular body structure, the energy you can create and dissipate is considerable. Does size matters?...I think not "KNOWLEDGE IS POWER".

But knowledge has to be delivered correctly, and my journey was not yet completed. I studied Wing Chun with two different instructors before I came upon Si-fu

Lui. To teach any subject you must have a real passion for it, and Si-fu Lui has this. Not only is our teacher proficient in all matters “Wing Chun”, he also has an understanding that we are all individuals with strengths and limitations, and learning has to be adjusted for each person. These two important points in my opinion are why my first two instructors failed to nourish me and countless other pupils with information we needed.

Many times fellow students would look at each other wondering what they were supposed to be doing, when directions were vague or incomplete. I have trained with students who were uneasy to ask questions of their tutor, because the response they would receive would be sharp or patronising. Also there has to be a structure to the learning process, if there is no target with a clearly defined path to it then the student will become disheartened and move on.

The way of coaching, teaching, expressing of my previous instructors made an environment in which was hard to learn. Also the Wing Chun system has to be complete and untainted, not watered down, as the system can be truly effective when correct information is passed on.

If you are like me and you want to be able to defend yourself against an aggressor of any size, this could be for you. How about some mental stimulation, being a baker by trade I used to go to college at night to do courses in computer programming to keep the old grey matter from turning to jelly and Wing Chun has definitely filled this void.

Health is another reason why I have found learning Wing Chun to be beneficial to me. Being asthmatic since a small child, shortness of breath has affected me throughout my life.

But even now after training for a short time I have started to achieve the peak flow of a normal person on some of my better days. I'm not saying Wing Chun is a cure for asthma, but the breathing technique that we use has definitely helped me personally! Now bad days are much better and good ones are great.

Maybe you like the more spiritual side, the Chinese philosophy can be appealing or you may want to alleviate some stress that has built up during your day. You will have to find your own reason for doing it!

I can at last appreciate that when Wing Chun Kuen is taught and learned correctly in the right environment it has the potential to be highly effective. That is a fact!



Ian F. - Baker

Balance, middle path, simplicity, complexity, harmony, internal, external, effectiveness. These are all words I associate with Wing Chun. Wing Chun is more than just a form of self-defence or fighting skill. It is challenging both intellectually and physically. Wing Chun involves aspects of Qigong and meditation alongside relaxation and intense physical exercise. It is this blend of training techniques that makes Wing Chun so interesting and attainable.

I began training in Wing Chun in 1999 whilst I was an undergraduate student at the university of Birmingham. Before then I had never trained any form of martial arts previously. Originally I was looking for a martial arts club to join purely as a form of exercise. I didn't know much about Wing Chun other than it was a Chinese form of gung fu originating in the south of China. Before joining WCDKA I went along to watch one of the training sessions. I was impressed by the fluidity and relaxed nature of the style (and class). Relaxation and fluidity are perhaps two of the key basic concepts of Wing Chun along with centreline theory (which states that all attacks and defences should be directed along

an imaginary central line through along the body).

At first I found the training tough as my muscles and limbs were not used to the positioning and stance that was required, but with continued practice I soon discovered the great benefits that Wing Chun has to offer. For me one of the benefits of training Wing Chun (as with many arts and hobbies/activities) is that it provides a release from the stresses of everyday life. When training, any problems or outside pressures I have simply drift away as I focus on the task in hand – improving my Wing Chun.

I have discovered how beneficial Wing Chun is as a form of exercise and noticed a distinct improvement in my performance of other activities such as cycling and swimming.

Wing Chun almost certainly has some origins that stem from Buddhism and this is apparent when training the first form, Siu lim tao. The idea of Siu lim tao is that the practitioner focuses on their breathing and body positioning and nothing else. All other thoughts are not to be followed. It is virtually impossible to completely empty the mind but it is possible to meditate on one

thought or focus. The aim is not to block out other thoughts but to not become enveloped in them. It is perfectly acceptable and natural for these other thoughts to arise and when they do the practitioner merely acknowledges them and then brings their mind back to the focus of what they are doing. With practice the amount of time one can meditate or concentrate for increases. This part of the Siu lim tao practice is very similar to the basic idea of a type of Buddhist meditation practice known as Vipassana.

Although Wing Chun is based on simplicity and many of the movements appear to have Buddhist origins, it also has very scientific underlying principles and the analysis of ones own style and action is encouraged when studying Wing Chun.

I believe that one of the best ways to study any form of martial art is in a group environment. Private practice is definitely essential, but it is in the safety of a friendly group or class that new techniques can be practiced, discussed and analysed. Through discussion with fellow students ideas can be bounced around and an individual can be presented with new methods, ideas or solutions to problems that they might not have come up

with on their own. As well as this is the fact that every person is different and will adapt Wing Chun to their own physique, lifestyle, training ideals and needs by training with as many people as possible you can allow your own style to expand and grow and become more fluid.

Training at WCDKA has been and still is a thoroughly enjoyable and informative experience. Emphasis is on the practical use of Wing Chun as well as a solid consolidation of skill. There is no rush to teach all the techniques in a sloppy manner and no thirst to learn as quickly as possible either. After all we have the rest of our lives. Training is kept at a reasonable pace and progression is assessed through formal assessment at appropriate points. Si-fu is always enthusiastic when teaching and this enthusiasm is transferred to the students.

In closing I would like to repeat a statement I said at the beginning – Wing Chun is more than just self-defence or fighting skill. Wing Chun is about personal progression and an exploration of your own self.



Richard B. - Teacher

Like many other young boys of the age of 11 interested in martial arts, I wanted to emulate Bruce Lee. Prior to studying Wing Chun, I had practised Japanese and Western disciplines which I had found very exciting and enjoyable to train but due to both clubs closing down I was forced to find other outlets. It seemed like fate had knocked on the door when I visited my local leisure centre to look for a Japanese discipline, I saw a poster advertising Wing Chun Kung Fu. I remembered Bruce Lee studied this art and so decided that this would be the style I would train. I enrolled on the day of opening back in 1995 and my journey through the Wing Chun system had begun.

During my eight year affiliation with the WCDKA, I have found it to be welcoming, perpetuate a friendly atmosphere whilst training and extremely supportive with respect to learning the system. Through a mutual understanding and interaction between Si-fu and student a programme of learning is defined to suit the pace an individual wishes to proceed. Knowledge and skills are passed on when the Si-fu feels the student is ready and when the student feels (s)he is ready.

I have found this to be a particularly useful attribute as it ensured I did not rush the learning of the system and has meant I acquired a solid foundation at each stage of the system. What I found with this method was that learning and progressing at a higher level became much easier. Training is further enhanced by having a plethora of students, each challenging me in different ways. I have found the members of WCDKA to be friendly, sociable and enthusiastic about Wing Chun and coupled with my desire to learn, a suitable training environment is apparent at all times.

The strict screening policy reassures me that people whom I train with are not malicious and ensures safe training.

Although most of the impetus for training must come from the individual, a good teacher is a necessity for progression and correct training. From the time that I first met my Si-fu to the present day, I have found him to be a driving force in my study of Wing Chun. He has always imparted knowledge openly and encouraged self expression.

This open-mindedness approach to training has made sure that I have not become a slave of the Wing Chun system; rather I have been allowed to explore the infinite avenues the system provides. Personalising the system to myself has provided me with a greater understanding of it and of my whole being.

Si-fu's own dedication to the system and the association has kept my interest and thirst for his instruction alive and kicking. His regular commitment since the association began has developed and instilled, within me, a sense of trust and enthusiasm.

Through training, I have developed self confidence, a good level of fitness and general well being. I really enjoy the internal exercises Wing Chun provides as I have gained a great deal of focus and energy from them. This has particularly helped other areas of my life such as studying for university, staying calm when confronted with a myriad of situations and a good stress relief. Regardless of subject matter, I have and still use the principles of Wing Chun as a framework for thinking, learning and coping with day-to-day life.

For me the fighting skills that are developed from Wing

Chun, although important, are only part of the holistic nature of the system.

I personally feel from my Wing Chun experience that the benefits derived have outweighed the cost of training by tenfold. If anyone out there is considering training my advice to you would be to find a good instructor and a safe environment to train. Fortunately I have been blessed with these in the WCDKA. Wing Chun has helped me in many ways; I would strongly encourage others to participate and reap their rewards as I have.



Balteg S. - Economist

Since 1995 I have experienced Wing Chun Kuen at the WCDKA as a very well structured martial art. The initial training involves dealing with the fundamental: e.g. Posture, breathing, centre line theory and the general strengthening of the upper and lower body. Si-fu pays meticulous attention to basics, maintaining that unless your foundation is strong, your Wing Chun skills will have no essence.

Although Si-fu always gives concise explanations of the skills involved, the initial training in Wing Chun Kuen can be tough, not necessarily physically, but psychologically. Si-fu often refers to learning Wing Chun Kuen as composing a jigsaw puzzle; he claims that to get the complete picture you must first assemble all the pieces. He maintains that only those with limited knowledge and understanding of the system will dismiss its usefulness and feel the need to dilute it by adding more. Having studied other forms of self-defence, it was rather frustrating for me to be told to stop applying previously learned techniques because they were unsafe.

Having been taken through the safety issues involved and then being shown the step by step consequences of doing them, although at times hard, for me it has been an extremely positive experience. I am now in my fifth year of training and very glad that I was accepted as a student of the WCDKA, it is a true eye opener. Si-fu always reminds us that it is extremely foolhardy and morally incorrect to criticise or dismiss other forms of martial arts without any prior knowledge.

I have personally experienced and heard stories about students of all levels being used as punch bags by their supposed to have been trustworthy instructors. I can tell you that this has "never" happened within our association. Si-fu will ask you to attack however you wish and always with serious focused intentions. He will then proceed to neutralise the attack/s, by taking the student/s down with tremendous speed but with no harm to anyone. Si-fu also maintains that "no person is invincible" and instead of comparing skills with other forms of fighting or other people, a serious Wing Chun Kuen practitioner should focus his/her energy on improving him/her/self to the best of their ability. If you have been around martial arts for a while, you can appreciate that this is sound philosophy and a positive

example of true mastery, self-confidence and self-control. In my fifth year of realistic training, I have never seen a single student getting hurt during an exchange.

Si-fu insists on preparing students for all the potential actualities of a real confrontation. Those who are especially interested in the more holistic approach, his training background can be directly traced back to the late Grand Master Yip Man. Our association has had the pleasure of hosting Grand Master Ip Chun, eldest son of the late G.M. Ip Man several times. Si-fu has travelled to China to study with the master personally. Meeting the Grand Master at our HQ has been a joyful experience. We knew already that we were receiving first class tuition. Staging the grand Master seminars at our HQ was just added confirmation that what we learn at the WCDKA is the genuine Wing Chun Kuen.

In his 80's the Grand Master still retains great precision, speed and suppleness. He is fast with his hands, and still very able to neutralise attacks from much younger and stronger practitioners. A true role model. This is a valid example of how Wing Chun Kuen at the WCDKA can benefit you no matter what your age may be.

I am writing the forthcoming information very cautiously, in the hope that my Si-fu will grant me permission to publish it and in the process I can help potential students of Wing Chun Kuen make an informed decision before pursuing training. Si-fu does not get involved in politics and has requested only truthful, informative written contributions. He is strongly against those who feel the need to speculate to accumulate additional exposure.

Original...traditional...classical...modified...modern...  
W...V...C...T... whatever next. When we ask these questions, Si-fu has quoted:

"All these arguments are nonsense, for Wing Chun Kuen is a dynamic skill".

The true essence of good Wing Chun lies in its underlying principles and the intellectual and physical dexterity of the practitioner. The fundamental concepts must remain undiluted if anyone is to claim to be teaching Wing Chun Kuen"!

"The word (modified) or any other name does not add anything to the general functionality of Wing Chun. Those individuals, who truly understand Wing Chun

Kuen, know that the system has been evolving constantly since inception. Over the centuries one way or the other people have been justifiably forced to adapt Wing Chun Kuen to their own individual needs. This in itself brings about mutation".

"Modifying/changing the fundamental concepts would be difficult and irrational, for they can be explained and tested scientifically. It is also irresponsible if Wing Chun Kuen is to be preserved". I am your mentor and my job is to guide you 'not' to brain wash you. You must always question your training. Keep an open mind. Discard the irrational and absorb the rational"!

I sincerely hope that the last part of this composition will be published in its entirety, I can ensure you that it will save you plenty of time in your search for a respectable premier UK Wing Chun Kuen association.



Robert G. - Carer

There are many things that can lead to a lack of self confidence, being bullied or not being able involve new people in conversation is both difficult and troubling. Being in situations that allow feelings of nervousness and tension to fester only lead to a poor mental state in which you begin to lose confidence. You detract from yourself and the fact that you are actually a normal and good person. You focus more on what people think of you in search of acceptance, and forget that actually you should focus on yourself.

Gaining confidence is difficult. Some people appear to be born with an abundance of confidence, don't be fooled, this is often the mask of a person who, in reality, is an unconfident person. This is not to say that a lot of people aren't naturally confident, but one might suspect this to be the product of a good upbringing in an arena of self acceptance and understanding your own personal value. Often to overcome a situation were you might require a confidant approach we are lacking, owing to our age, motivations and experience. Unfortunately we all go through these experiences, often we are better for it.

Wing Chun at the WCDKA can help to gain confidence, self-respect, self control and balance in your life.

How? First and foremost not by having the ability to hurt people (not a good idea for legal and moral reasons), or by feeling that you could take on the world because you are in some way special, as you know something that only a few chosen people know. No. It is gained through the rigorous and time dependant application of your body and mind to learning and applying an art form. Wing Chun takes a lifetime to learn, and even then you may never fully understand its true implication.

You learn respect for your Si-fu (teacher), fellow students and yourself. You are part of a group responsible for the correct learning and appreciation of the Wing Chun system. As you learn you gain knowledge about things that you may otherwise have known nothing about. Confidence is gained by realising that you can come to terms with yourself, you are learning a difficult skill. You are part of a functional and well-respected group, who you accept and are accepted by, often leading to important friendships being made.

As you learn Wing Chun, you begin to see its wider application. A strike takes on a different meaning when you learn its effects. It can severely hurt someone, do you want to do that? So you learn control, this perpetuates through your whole being. The ability to deflect an attacker's blow and defend with an explosive burst of controlled energy can be an awesome weapon with terrible consequences if applied incorrectly or inappropriately.

So you learn to see beyond, consequences, actions and reactions. You must conquer your mind, once this is done you can master your art. Now this in itself is nearly impossible, requiring years of dedication. But as you learn you begin to apply these ideas and feelings to your everyday life. You begin to see things in their true light, and for what they really are. You look at situations in a more relaxed manner and with foresight. And when that bully appears next to you in the street, you walk on by, why seek revenge or take another knock to your confidence? You are better than that. You can see the consequences, both physical and mental (your conscience). Let them live with what they do, so that you can live with yourself.

Also you learn to approach people with a greater air of confidence, not arrogance but sure in the knowledge that you are an equal, even to the point where you realise that they may be just as unsure of themselves as you are 'or' where about them.

Being able to reason your own mind, the ability to see through problems and being able to see all eventual outcomes of situations is the product of a controlled mind. In that lies the confidence to make judgements and actions based on wisdom, gained through knowledge and experience.

The ability to conquer yourself is true confidence.



Gareth L. - Medical Scientist

Several years ago, a friend of mine introduced me to Si-fu Lui and Wing Chun. I was immediately impressed with the directness of the style and the ability to redirect the opponent's energy or if needed, to channel the energy through the body structure, making the system suitable for almost anyone.

I also noticed that the training environment was relaxed and friendly. Once the information had been passed onto a student, he/she was allowed to train at their own pace.

Wing Chun has become a major part of my life, changing me as a person. I am healthier, confident and more tolerant now than I was before I started training. At "Wing Chun Dragon Koon Alliance UK" there is every opportunity to progress and I have never felt stagnated.

We have also been very privileged to have seminars with Grand Master Ip Chun at our HQ. I feel this is a great honour, and furthermore it has proven to us that we are being taught genuine undiluted Wing Chun Kuen

underline principles, just as the late Grand Master Yip Man once taught.

Although martial arts claim to teach respect, it has to be earned. During the short time that I have known Si-fu Lui, I have come to respect him as a teacher and furthermore as a good friend. I recommend training at the WCDKA to anyone interested in learning Wing Chun Kuen.



Philip P. - Craftsman