



## Welcome To WT

Thank you for your interest in WingTsun Kung Fu, one of the most practical & effective Martial Arts in the world. Please retain this pack for future reference, as it contains all the basic information about both the WT system & the NWTO-GB organisation. If you have any questions that are not answered in this pack, please ask the instructor either now or anytime at a later date.

### **NWTO-GB WT Hastings & 1066 Country**

**Neil Gould**  
**Head Instructor**  
Tel: 07851 725 359

Email: [Neil@1066WT.com](mailto:Neil@1066WT.com)  
[n\\_gould@hotmail.co.uk](mailto:n_gould@hotmail.co.uk)

#### **WT Adults (Nights)**

Tuesdays 8.00 – 9.00pm (Basic)  
**Tuesdays 9.00 – 10.00pm (Black Belt)**  
Wednesdays 8.30 -9.30pm (Basic)  
**Wednesdays 9.30 – 10.15pm (Black Belt)**  
Thursdays 7.30pm – 8.30pm (Basic)  
**Thursdays 8.30pm – 9.30pm (Black Belt)**

#### **WT Fighting Fit (Lunchtimes)**

Mondays Tuesdays & Wednesdays 12.00-1.00pm

#### **WT 4 Kids**

Mondays & Wednesdays  
Little Dragons (4 -6 yr olds) 4.00 - 4.30  
Juniors (7+ yr olds) 4.30 – 5.15  
Tuesdays & Thursdays  
Little Dragons 4.30 – 5.00  
Juniors 5.00 – 5.45

**WT & Self Protection - Private Tuition**  
Available On Request

## **The NWTO Organisation**

The NWTO (National WingTsun Organisation) is the UK branch of the IWTMAA (International WingTsun Martial Arts Association) which was formed in 1973 by Dr Leung Ting, the head of our organisation and the highest graded WT person in the world today (11<sup>th</sup> Level Grandmaster).

Leung Ting was the last student of the late Yip Man, who was widely regarded as being the last Great-Grandmaster of the system. Although Grandmaster Yip taught many students during his life, Leung Ting was his final disciple, receiving constant personal tuition until Yip Man's death. Thus Dr Leung received the *complete* system in its *most revised form*, not an earlier immature version as taught by many non-WT schools around the world.

In the UK, Sifu Paul Hawkes (4TG) & Sifu Andrew Cameron (4TG) head the NWTO from the UK's headquarters in Tonbridge, Kent. In Europe, the EWTO (European WingTsun Organisation) is active in all member countries, headed by Prof. Keith R Kernspecht (10<sup>th</sup> Level Grandmaster). The European HQ is situated in Langenzell Castle, Heidelberg, Germany, which is an entire medieval castle devoted to the study of WingTsun Kung Fu. The NWTO travels to the castle at least once each year for a week of intensive training with the top Masters in the world.

The WT System is taught in 63 countries worldwide, and embraces over 1 million students. In addition the system is also taught to many Special Forces including the FBI Hostage Rescue Team (USA), RAID (France), NOCS (Italy), SGS9 & SEK (Germany) and many others. We are the largest professional Martial Arts Organisation in the world & once accepted as a member, you are entitled to train at any WT school around the world.

## **WingTsun, Wing Chun, or Ving Chun?**

Good question! All are pronounced the same way - "Wing Chun". However 'WT' and the spelling 'WingTsun' are registered trademarks protecting the Leung Ting System. This is to prevent fraudulent use & teaching of our system by other Wing Chun or Ving Chun schools. Only WT instructors have been taught the WT system by the IWTMAA, and are authorised to use the WT logo and run WT schools. Any queries about instructor's qualifications can be referred to the NWTO in the UK, or the EWTO in Europe. An instructors licence may be viewed at any time on request.

## **What is WingTsun Kung Fu?**

Kung Fu and Karate are umbrella terms for styles of martial arts, and each have many sub-styles within them. The key difference lies mainly in their origin. Karate is from Japan and means empty hand, whilst Kung Fu is from China and means hard work. Although many martial arts are now shrouded in apparent mystery and legend, they were all originally just somebody's idea of what worked in an aggressive confrontation.

Yim Wing Tsun was the name of the first student taught by the inventor of the system, a female monk named Ng Mui (pronounced "Noo My"). The system was named after her student in honour of her prowess & fighting ability. WT is the only martial art to be invented by a woman, and is based on totally different principles from traditional Shaolin or Budo styles.

## The WT System

WT is the complete self-defence system covering all of the 5 ranges in unarmed combat. In order of distance, the ranges are;

- Kicking - Longest unarmed range.
- Punching - Most common range for self-defence
- Elbows & Knees - Closer than Punching Range
- Stand-Up Grappling - Shortest unarmed stand-up range.
- Anti Ground Fighting - Groundwork.

We begin by teaching punching range, as this is the most common range for attacks to begin. Our teaching system is constantly looking at realistic self-defence situations, and adapts to suit the needs of today's society. Remember, WT is *self-defence*, not how to fight in a ring, in competitions, or how to score points in sparring.

WingTsun is a system based on *concepts & principles*, not hundreds of fixed *techniques*. These simple principles apply in all situations and can be learnt by anyone, without requiring a high level of strength, stamina or overall fitness to perform them. The basic concepts & principles are as follows;

## The Basic WT Concepts

- The Centreline - Control of this line during attack & defence.  
- Attack the core (vertical central line) of the opponent.
- Economy Of Motion - Small (therefore quick) direct movements.  
- No drawing back (telegraphing)  
- Simultaneous Attack & Defence
- Strength Vs Strength - Pointless. The stronger person wins.

## The 4 Basic WT Principles

1. If the way is clear, go forward. - Forward
2. If resistance is met, stick with it. - Stick
3. If you encounter greater force, yield. - Yield
4. If the opponent withdraws, follow. - Follow

Every motion in WT is an application of the above principles. It sounds simple, but in a self-defence situation *less is more*. (This is one reason firearms are so popular in some countries - Draw, Aim, Fire all in one movement. A simple & effective solution, but one which often creates many more problems than it solves.)

The **complete** system teaches total self-defence at all of the above ranges, including programmes on multiple assailants & facing weapons. In addition, we teach courses & hold seminars on advanced techniques, ground fighting, sparring, and also the breathing, healing & internal health components of the art, which is called Chi Kung - The Art Of Healthy Movement.

## How WT Is Taught

Learning WingTsun Kung Fu is very much like learning a foreign language. Everything will seem odd & unfamiliar at first, especially as the WT principles are *logical* but not *instinctive*. However the training is designed to turn the logical WT reaction into the natural one. The correct movements begin to happen automatically, so when you need WT, you'll find it there without conscious thought.

However knowledge is not power in WT, and knowing what you *should* do is not enough. The student must train with a serious attitude in order to obtain the correct reactions. It's like a hammer hitting your knee - your reflex reaction is instant & automatic.

When beginning your WT training, you will start with the 1<sup>st</sup> Student Grade (1SG). This takes about 3/4 months to complete and provides you with a basic grounding in the WT System. Areas covered in 1SG include the following;

- Basic concepts & principles.
- Basic guard & awareness of range.
- Chain punching & the correct power line.
- Basic kick defences.
- Stances & footwork.
- Basic movement.
- The beginning (Sections 1-3) of the Siu-Nim-Tao Form (The 'ABC' of WingTsun)
- Pre-emptive attacks against the most common attackers, right & left handed.
- Basic 'what if' situations, such as headlocks, grips, chokes, rugby tackles etc

In all WT training, beginner to senior, we have four stages that are inherent in the teaching of the system;

- |   |  |
|---|--|
| 1. Free yourself from your own strength.        | - Power comes from relaxation            |
| 2. Free yourself from your opponents' strength. | - Use of correct shapes & technique.     |
| 3. Use your opponents' strength against them.   | - Take them where they are trying to go. |
| 4. Add your strength to that of your opponent.  | - Help them to defeat themselves.        |

After the first few months, we are convinced that you will be better able to defend yourself. In addition you will be more relaxed, co-ordinated, at ease in close quarter situations, and more aware of yourself & aggressive intent in others. However the **complete system** of WingTsun Kung Fu cannot be taught in 3 or 4 months, which is why you are then able to continue training for as long as you wish.

## What happens after completion of the 1<sup>st</sup> Student Grade (1SG)

WT has a complete grading syllabus consisting of 12 Student Programmes, 4 Technician programmes, 4 Practician (Master) programmes, and so onwards to Grandmaster. It can be a lifetime study with awesome health & confidence benefits if so desired. As a guide, each Student Grade will take about 3-4 months to complete (with dedicated training). This means that it is possible to reach the 12th Student Grade within about 3-4 years. However, even completion of the first 4 grades will give the student a greater ability to defend themselves in the vast majority of situations. Please refer to the attached overview of the NWTO-GB Student Syllabus.

(Note: - WT differs from most martial art schools in that our instructors are very friendly & approachable. Our aim is to *teach* our students to become able to defend themselves, not to hurt others or prove that they are the 'hardest' in the class. All techniques are exercised with control, and all students are here to *learn* - not fight each other on a weekly basis! Rudeness, ego, lack of respect for others & misplaced aggression do not help anyone, and the offending student will be asked to leave.)

## **Wing Tsun in Hastings**

In Hastings our classes are held at our HQ.

Pinks Academy and Fitness Centre (Also known as Samurai School of Martial Arts)  
14 Claremont  
Hastings  
East Sussex

**We have a wide range of classes available in Hastings, catering for all ages.**

### **WT 4 Kids**

Our Award Winning WT 4 Kids after school program runs:  
Mondays, Tuesdays Wednesdays, Thursdays **AND** we now have  
***Super Size Saturday classes too!!***

Little Dragons (4-6 yr olds) start at 4.00 til 4.30 Mondays & Wednesdays and  
4.30 til 5 pm Tuesdays & Thursdays.

There is also the Junior program (7yr olds +) which starts at 4.30 til 5.15 Mondays &  
Wednesdays and 5.00 running til 5.45pm Tuesdays & Thursdays.

The Saturday Super Size Classes are an hour long and include the ***WT Weapons  
Training Program!!*** Little Dragons are 2-3pm, Juniors are 3-4pm.

Classes have been designed especially for children to support their mental, physical  
and emotional growth and are rapidly becoming one of the most popular courses with  
kids and parents in the South East!

Numbers will be strictly limited to ensure time and attention is given to each child.

### **WT Fighting Fit**

A new idea to many, but one we like, is a shorter basic Wing Tsun & Fitness program  
available to adults at lunch times! On Mondays Tuesdays and Wednesdays 12.00-  
1.00pm we run an hour long Cardio-Kung Fu class for adults. These classes will help  
improve fitness, flexibility, strength, stamina, focus, reflexes, reactions, self  
confidence, self protection skills etc the list is almost endless!! You get the idea. If  
you can't make our evening classes but want to get a bit fitter or learn a practical self  
defence martial art... then this is for you!

### **WT Nights**

The adult evening programs in Wing Tsun run on Tuesdays, Wednesdays and  
Thursdays largely between 7.30-10.15pm with classes for Beginners, Intermediates  
and Advanced WT students. The Basic adult training program entitles the student to  
up to 3 hours Wing Tsun training per week. Private Tuition is also available if time is  
tight or you would just prefer to learn one to one or maybe even supplement your  
existing training program. Just give us a call and we will tailor a training program for  
you!

## Frequently Asked Questions

- Q** **How much are WT programs at present?**  
A The Basic Adult program is £799 for a whole years training! This can work out at £55 per month with a reduced £99 down-payment to get you started or create your own payment plan! We are currently designing new programs that will constantly improve and add more value and flexibility to the already Award Winning ones we have now! The Basic Kids Program is £599 for a Little Dragons whole years training, commonly an £80 downpayment and £45 per month and £699 for Juniors, for a whole year with commonly an £80 downpayment and £49 per month! Like health clubs, you are much more likely to train if you have paid for the month, plus the Instructor does not have to spend your valuable training time collecting money. Speak to your Instructor for more info as there **are always special offers, family discounts and flexible payment plans available!**
- Q** **How long is each class?**  
A A typical adult class consists of 1 hours training. Within this time you will practice material as a group, with a partner, and individually. The training time is usually split into a warm-up (which includes forms & basic techniques), group material (everyone practices the same thing), and your own program (class is split by grade). We often include some specific 'light' WT Fitness or WT Chi-Kung practice.
- Q** **Will I get hurt during training?**  
A No. All classes are closely supervised, and all techniques exercised with control. Our aim is Self-Defence, not how to go out & have a fight, or beat up your partner!
- Q** **Am I insured for accidents?**  
A Yes. All WT instructors are covered for up to £2M public liability and £2M professional indemnity for complete peace of mind. Temporary cover to allow you an evaluation period covers your first few weeks. After that you will need to join the NWTO-GB to remain covered.
- Q** **So how much is NWTO-GB membership?**  
A Currently £39 per annum. This includes insurance, licence & membership, and the ability to attend seminars & take grades. You may also attend any other class at a reduced fee. Other local classes are Worthing, Crawley, Brighton, Hove and Croydon.
- Q** **Will the training improve my health?**  
A Yes. Correct training will increase strength, endurance and flexibility. It is a benefit of the WT system that the techniques promote good health, relaxation & posture. We also have WT Chi-Kung (Art Of Healthy Movement) and Escrima (weapons) if you wish to take things further.
- Q** **Do I have to condition my limbs?**  
A No. WT does not believe in or need any hard conditioning, which creates health problems in later life. Learning to relax and use body mechanics instead of brute strength is far more effective and natural. Conditioning is only necessary if you oppose strength!
- Q** **Does the NWTO have competitions or tournaments?**  
A No. WT is a pure Martial Art, not a sport. We do not believe in scoring points, we believe in reality. Walking away is not acceptable in the sporting arena, yet self-defence may mean just that. For those who wish to test themselves & their ability some schools run a monthly fight club, but not everyone wishes to participate in these, or is expected to. See WT websites for details.
- Q** **Are there any extra courses or seminars?**  
A Yes. We have at least one big seminar each year, often many more. These cover a variety of topics including weapons, advanced techniques, Chi Kung & many more. In addition we run training holidays each year, recently to Tenerife & also Snowboarding in Andorra. Plus we visit the EWTO castle HQ and bring the top masters to the UK on a regular basis.
- Q** **What do I wear?**  
A Trainers, short sleeved T-shirt, Tracksuit or loose bottoms. Uniform is available from your Instructor straight away, but only the WT T-Shirt (or Kids Uniform) is compulsory after you have joined.

**If you have a question that is not covered here, please ask your instructor.**