



SUMMER CAMP 2017
26/27 AUGUST





Welcome words

It's that time of year again!

The sun's shining, the birds are singing and what better way to spend the last bank holiday in August than with a whole weekend of training, surrounded by your Kung Fu brothers and sisters?

- **No Work**
- **No Kids**
- **No Partners**
- **No Stress !!**

Come and lose yourself in the pure escape of two days of new skills, hard training and good company. All set in the beautiful Essex country side whilst you explore the whole of the Wing Chun Kung Fu System. With seminars ranging from traditional Chi Sau (sticking hands) application and Wooden Dummy training to Short Distance Power generation, Knife Defence and Sparring there is something for all students to enjoy. Due to popular demand there will also be more Ground Work and a greater focus on Qi Gong and Meditation through out the weekend.

I look forward to seeing you all at what is fast becoming the "Must Do" event for many of the UKWCKFA's students, both old and new.

Sifu Nick Martin

Senior Instructor U.K.W.C.K.F.A

Saturday 26th August

Training schedule 1:00 pm to 6:30 pm

Heavy bag & Wall bag

Come down to the woods to train punching power multiple strikes, safe hand conditioning and the secrets of developing short range power.

Glove work & Sparring

Glove up by the lake for light body sparring and boxing skills in a safe, fun environment.

Break

Enjoy the on site restaurant or get some food from the organic farm shop and relax and recoup with your Kung Fu brothers.

Introduction to Chi Sau

Explore Wing Chun's famous Sticking hands training and discover the skills that make us so devastating at close range.

Take-down defence and ground work training

Learn how to stay on your feet and fight from any position should the worst happen.

Mook Yan Jong

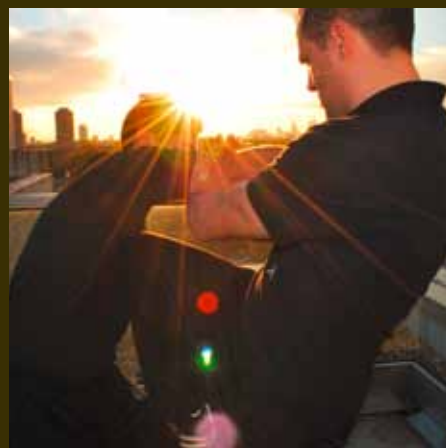
Wooden dummy: Learn how use this iconic piece of training equipment, designed specifically for the Wing Chun system.

Introduction to Meditation

As the sun goes down we head back to the woods as the trees release the energy stored throughout the day. Discussion and then mediation practice, relaxing the body and quieting the mind in order to absorb the days lessons.

All training is subject to change and adjustment





Sunday 27th August

Training schedule 8:00 am to 6:30 pm

Qi Gong

As our natural surroundings begin to wake up, we start the day off with the this ancient practice. Discover why people in China and the East have been following these movements for thousands of years.

Fitness and Conditioning

Feel free to take these sessions at your own pace but as we run through the forest, play team games by the lake and then head to the gym for a Wing Chun focused work out, you might just be surprised at what you are capable of!

Break

Enjoy the on site restaurant or get some food from the organic farm shop and relax and recoup with your Kung Fu Brothers.

Kicking and introduction to Chi Gerk

Learn the mysteries of the Wing Chun Kicking style, unlike any other Martial Art. From devastating low stamps to the famous Crescent Moon kick and powerful Tong, a must for all who like to fight with their legs.

Introduction to Chi Gerk

A natural follow on from the Kicking Seminar Wing Chun Sticking leg training allows the practitioner to trap, control, sweep and strike the lower limbs while still controlling the upper gates.

Lunch

Enjoy the on site restaurant or get some food from the organic farm shop and relax and recoup with your Kung Fu Brothers.

Neuromuscular therapy with Lee Swails

A highly respected expert in his field, Lee is qualified by the renowned Chek neuromuscular institute. Combining his work with professional athletes (Consulting for Tottenham Hotspur football club) and his personal knowledge of the Wing Chun System, Lee will guide you through diagnosis and treatment of common wing Chun related injuries as well as discussing massage techniques and advanced physical training.

[CLICK HERE TO READ MORE ABOUT LEE AND HIS WORK](#)

All training is subject to change and adjustment

Sunday 27th August Cont.

Training schedule 8:00 am to 6:30 pm

Form Training

We explore all three open handed form of Wing Chun. You'll begin with the Sui Nim Tao with its structure, introducing centre line theory and short distance power development. Then learn how to harness and channel power through the whole body with your Cham Kiu form and finally discover the hidden secrets of Bui Tze, the last free handed form of our Kung Fu system.

Break

Enjoy the on site restaurant or get some food from the organic farm shop and relax and recoup with your kung Fu Brothers

Knife awareness and defence

Unfortunately due to recent event this frightening subject is high on many peoples lists of safety concerns. Learn the do's and don'ts of knife defence and train the skills that could mean all the difference should the worst occur.

Luk Dim Boon Kwan

We finish the formal training of the week end with an introduction to the first of the styles weapons. The Dragon Pole combines strength and control, while taking short distance power (ging) to a whole new level. Efficient and deadly, this traditional weapon will bring a new dimension to your enjoyment of Wing Chun training.

Mediation and Free Training

Sit by the tranquil surrounds of the lake and take the time to relax and absorb the experiences of the weekend. Practice on the wooden dummy or simply sit and discuss technique with your Kung Fu Brothers.

BBQ

We end the weekend with some hot food and cold drinks as the sun sets on the final days training. The hard work is done and it's time enjoy the company of new and old friends alike.

All training is subject to change and adjustment

Getting there

Located just 20 mins by car down the M11 from Central London, getting to the Summer Camp couldn't be easier. Close to Harlow and Epping the location is perfectly situated, offering ease of travel and local amenities with the beautiful Essex countryside.

Ashlyns Farm
Epping Road
Epping
Essex
CM16 6RZ



***CLICK HERE FOR DIRECTIONS
TO ASHLYNS FARM***

Accommodation

If you wish to stay over at Ashlyns rather than commute each day, Camping space by the lake is included in the cost of the Summer Camp (please notify us before your arrival if you wish to camp). If you'd prefer a solid roof (and bed) there are a number of hotels located within 10 minutes of the venue that can be privately booked at extra cost.

We provide links to two options, based solely on location and can offer no personal recommendation.



FREE lakeside camping



Park Inn by Radisson Harlow Hotel



Holiday Inn Express Harlow



Tickets

<i>Saturday Ticket</i>	£80
<i>Sunday Ticket</i>	£100
<i>SAVE with a Weekend Ticket</i>	£160
<i>U.K.W.C.K.F.A Instructor Weekend Ticket</i>	£110

Booking and Payment details

Places MUST be booked in advance at SIFUMARTIN80@GMAIL.COM and payment received by the 21/08/2017

Payment details

Bank: Barclays
 Sort code: 20-54-30
 Account no: 80613479
 Account name: Mr N J Martin
 Payment ref: Your name

Tel - 07830136501

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