

WING CHUN KUNG FU HISTORY

By the start of the 17th century, the Shaolin temple had etched itself into history, through its kung fu and qi-gong prowess. In 1644, the Manchu conquered China and the Qing Dynasty began. Martial Arts practise was banned, which led to secret societies being formed. These societies created a new system to "rid the qing and restore the ming", which became known as wing chun kung fu. Through Jee Shin and the 5 elders, wing chun spread south and finally reached the infamous red junks.

4th GENERATION DESCENDENTS OF LEGENDARY DR. LEUNG JAN FROM FOSHAN & KULO.

Our Association has direct links to the true origins and grass roots of original wing chun, from its inception with the Legendary Red Boat Opera Troupe in Futshan, Sth China. There were several secret societies training wing chun for the purpose of defeating the Manchu invaders. The red boat opera troupe being the most legendary.

Leung Yee Tai and Wong Wah Bo are 2 legendary Red Boat members who taught the infamous Dr. Leung Jan from Kulo. Guangzhou and Futshan are the birth place of Wing Chun Kung Fu, as we know it today. The temples were the places where the concepts of wing chun were tested and developed, specifically to destroy and conquer the Qing Dynasty.

Our teachings endeavour to keep with the original and true philosophies from the Red Boat Opera troupe.

Our training methods are very practical and safe. The training environment is very friendly and helpful. People of all ages and gender are welcome.

CONTEMPORARY IDEOLOGY

The contemporary aims of the jee shin wing chun kung fu association is to maintain a close philosophical link with the Red Boat Opera Troupe's training methods.

Our training sets including martial qi-gong and meditation, which dates back to original wing chun of southern China.

Our fighting and self defense system is very practical, and has a common sense approach, keeping with pure tradition, but also keeping up with contemporary ideas.

Jee Shin Wing Chun Kung Fu is a centre line attacking art, utilizing pressure point striking, balance manipulation, joint locks, sweeps, kicks, knees, elbows and take downs.

Balance, speed and dynamics are the foundation skills enabling a practitioner to have a free mind, be able to adapt, improvise and take control in any type of situation.

WING CHUN TRAINING SETS

- Sil Lim Tao
- Advanced Sil Lim Tao
- Chum Kieu
- Bil Gee
- Muk Yan Jong (Wooden dummy 108 moves)
- Look Dim Boon Guan (6 ½ point dragon pole)
- Bart Jarm Dao (8 slash butterfly swords)
- Bong Sao & Kam Sao sparring
- Single arm chi sao (parallel leg stationary and moving)
- Single arm chi sao (cross leg moving)
- Double arm chi sao (pre-determined 8 pt. drill)
- Double arm chi sao (random sparring)
- Double arm chi sao (blindfolded random)
- Bil Gee Bagua
- Dim Mak training - tiger claw, eagle claw, panther, phoenix
- Ma wan dui qi-gong
- Jum Jong Postures
- Shaolin iron palm training
- Shaolin hard qi-gong

5 ANIMALS OF WING CHUN

TIGER - SNAKE - CRANE - PRAYING MANTIS - PANTHER

PRINCIPLES OF WING CHUN.

- ATTACK AND CONTROL THE CENTER LINE
- STRIKE AT DIM MAK PRESSURE POINTS
- ECONOMY OF MOVEMENT
- AVOID FIGHTING FORCE AGAINST FORCE
- WATCH THE LEAD ELBOW AND CENTER
- ALWAYS ATTACK OPPONENTS BALANCE

BENEFITS OF WING CHUN KUNG FU:

- SELF DEFENSE
- GENERAL EXERCISE
- HEALTH AND FITNESS
- STRONG BODY AND BONES
- STRESS MANAGEMENT
- CO-ORDINATION AND MOTOR SKILLS
- SELF ESTEEM AND CONFIDENCE
- FLEXIBILITY AND MOBILITY

SIFU GARRY BANIECKI - Nationally Recognised Sports Coach

Garry Baniecki is the head instructor of the Shaolin Jee Shin Wing Chun Kung Fu Association, in Australia. He was introduced to Wing Chun Kung Fu in mid 1986 and for the next 10 years, the last 5 years full time, he devoted his time to studying traditional Wing Chun Kung Fu and chinese weapons, under William Cheung and David Cheung, two of the foremost wing chun masters in the world. Garry has also trained with masters in southern China.

Sifu Garry also studied with 3 Chinese Qi-Gong masters for eleven years. Garry is a state forms champion and was a bare knuckles fighting champion in the 70's.

Sifu Garry is also a government accredited martial arts sports coach and fitness instructor. Sifu Garry specializes in close range, empty hand self-defense protection, and in 1995 taught the Australian Army unarmed combat, and has coached state and Australian champions.



SIFU LINDA BANIECKI - Nationally Recognised Sports Coach

Sifu Linda became involved in Wing Chun Kung Fu in 1990 and studied under the guidance of William Cheung and David Cheung for 5 years full time

Sifu Linda has also studied with 2 Chinese Qi-Gong masters for ten years, covering medical qi-gong therapy shaolin hard qi-gong, tai chi, baqua and self-healing.

Linda was also one of a few select students who studied weekly private classes with William Cheung, for 12 months. Linda is also a state champion in open black belt forms, synchronised forms and 2004 state champion in Kumite fighting. Linda has taught the Australian Army empty hand unarmed self-defence, in 1995. Linda has also trained with masters from southern China.

Linda has trained many Australian and state champions and is a government accredited martial arts sports coach and fitness instructor.

WING CHUN KUNG FU SYLLABUS

The Jee Shin Wing Chun kung fu system has 3 major levels of achievement.

- **Black Sash** - Black Sash Certificate
- **Gold Sash** - Government Accredited Sports Coach Martial Arts Instructor
- **Red Sash** - Completion of all Dans

The classes are structured for Men, Women & Children.

GRADING STRUCTURE

Gradings are conducted every 3 months, up to level 6. Above level 6, the preparation time for gradings changes.

There are 4 levels at the brown belt stage of training to become eligible for Black belt grading. After Black belt, one must achieve Gold Sash to become a Government accredited wing chun martial arts sports coach/instructor.

www.shaolinjeeshinwingchun.com.au

GRADING LEVELS

Beginner levels

- Level 0 – White Sash
- Level 1 – Orange Sash
- Level 2 – Orange Sash with black bar

Intermediate levels

- Level 3 – Green Sash
- Level 4 – Green Sash with black bar
- Level 5 – Blue Sash
- Level 6 – Blue Sash with black bar

Advanced levels

- Level 7 – Brown Sash
- Level 8 – Brown Sash with black bar
- Level 8b – Brown Sash with black & red bar
- Level 9 – Brown Sash with 2 black bars & red bar
- Level 9b – Brown Sash with 2 black bars & 2 red bars
- Level 10 – **Black Sash**

QI-GONG COURSES - 2 year Instructor course

Chinese Qi-gong is an ancient philosophy developed for longevity, good health and general exercise for the body, mind and spirit. Qi-Gong is the ultimate exercise for Chi Development Workshops consist of learning Medical qi-gong theory, breathing exercises, self-healing techniques, meditation techniques & muscle & tendon strengthening exercises.

SHAOLIN HARD QI-GONG

Shaolin Hard Qi-Gong strengthens the muscles, tendons & bones, making the body impervious to attack and increasing longevity. (based on Isometric, Plyometric & Resistance training). Year 1 of beginner qi-gong and kung fu are a beneficial pre-requisite to starting hard qi-gong training. Classes are conducted every week and students are chosen and invited by the master of the association.

SHAOLIN IRON PALM TRAINING

Training iron palm conditions the hands to become extremely strong and Chi abundant. Iron palm develops very strong hands muscles, tendons and a high level of Wei Chi.

**SHAOLIN
JEE SHIN
WING CHUN
KUNG FU**



Sifu Garry Baniecki

**Grand Students
to the legendary
Grand Master
Yip Man**

- ❖ Abbotsford
- ❖ Greensborough
- ❖ Bendigo

Sifu Linda Baniecki

**For Bendigo class details ...
Call Paul McCarthy on 0405 025 977**



WING CHUN KUNG FU BENDIGO
- Shaolin Jee Shin Wing Chun Association -
6:30 - 8:15pm Tuesday & Thursday
PH: 0405 025 977