

Meet Sifu Paul McCarthy

Gold Sash Certified Instructor | Level 6 ICS Close Quarters
Combat Instructor

Wing Chun Kung Fu for Kids!

Confidence • Focus • Discipline • Self-Defence

Our Wing Chun Kung Fu for Kids program offers more than just physical activity - it provides children with a strong sense of accomplishment as they advance through the coloured sash levels.



Through structured training, kids develop not only practical self-defence skills but also:

- improve health and fitness
- channel anger and burn off excessive energy
- develop motivation leading to success
- improve core strength and stability
- improve concentration and listening skills
- improve social interaction with other kids
- cultivate self-discipline and self-control

Scan QR Code for a FREE Trial Lesson!

Our Classes are Upstairs at 35 Solomon St, Bendigo East

CHILDREN:	Mon:	6:00 - 7:00pm
	Tues:	5:45 - 6:45pm
	Thurs:	5:45 - 6:45pm
ADULTS:	Mon:	6:00 - 7:30pm
	Tues:	6:45 - 8:00pm
	Thurs:	6:45 - 8:00pm



Call Sifu Paul on 0405 025 977
wingchunbendigo.com.au



WING CHUN KUNG FU BENDIGO



What is Wing Chun Kung Fu + Close Quarters Combat?

A Unique Fusion of Traditional and Modern Self-Defence

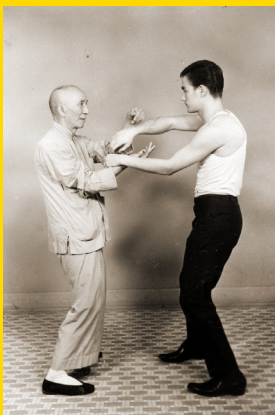
We combine the principles and practice of Traditional Wing Chun Kung Fu with the practical efficiency of ICS Close Quarters Combat - creating a highly effective approach to real-world street self-defence. This hybrid method draws on decades of refinement to deliver techniques that work under pressure.

Wing Chun was developed over 300 years ago in southern China by the Shaolin monks - a system rooted in simplicity, directness, and adaptability.

In the 20th century many Wing Chun masters fled Communism to neighbouring regions. Among them was the legendary Grandmaster Yip Man (Ip Man), who settled in Hong Kong. His story has been immortalized in the acclaimed Ip Man movie series starring Donnie Yen.



Grandmaster Yip Man with Bruce Lee



Practicing Chi Sau - 'Sticky Hands'

Yip Man's most renowned student was Bruce Lee, who introduced Wing Chun to a global audience through his action films.

Unlike many martial arts, Wing Chun does not rely on brute strength or size. Instead, it uses structure, timing, and precision - turning an opponent's force against them.

What will I learn?

At our school, we believe that everyone - regardless of age or physical ability - should have access to practical, effective self-defence skills.

Whether at a shopping centre, a school, or on the street, danger can arise without warning. Police and security can't be everywhere. In today's world, your safety is ultimately your own responsibility.

By training in Wing Chun Kung Fu + Close Quarters Combat, you'll gain the skills to defend yourself effectively in any situation - whether standing or on the ground, against one or multiple attackers.

You'll learn a dynamic range of techniques, including:

- Powerful and precise striking with hands, feet, knees & elbows
- Balance, structure and body control
- Joint locks, sweeps, close-range grappling and takedowns
- Defending and attacking from the ground
- Balance, structure and mind-body control
- Practical street defence against chokes, grabs, locks

This training is about more than just self-defence. As you progress, you'll improve your coordination, boost both physical and mental well-being, and build lasting confidence and self-esteem.

Our school uses a recognised grading system to provide goal setting, personal achievement and sequential skill development.

Beginner levels

- Level 0 - White Sash
- Level 1-2 - Orange Sash

Intermediate levels

- Level 3-4 - Green Sash
- Level 5-6 - Blue Sash

Advanced levels

- Level 7-9 - Brown Sash
- Level 10 - Black Sash

Best of all, you'll become part of a welcoming community - training alongside others in a fun, supportive environment where great friendships are made.

Sifu Paul McCarthy is the most senior qualified Wing Chun practitioner in the Bendigo region - having earned the prestigious **Gold Sash - Certified Instructor** ranking. He also holds certification as a **Level 6 Instructor in ICS Close Quarters Combat**, a cutting-edge system developed for real-world street defence.

Sifu Paul's martial arts journey began at 16 years old in 1975 with Grandmaster William Cheung - senior student of the legendary Yip Man and close friend of Bruce Lee - at a school in Bendigo for a brief 12 month period.

Over 20 years later whilst living in Melbourne, Paul resumed training with Grandmaster Cheung at his headquarters. He participated in numerous Summer and Winter Camps, Discipline Camps, and Warrior Training over another three-year period before relocating to Sydney.

In 2012, Paul's Wing Chun journey continued with **Sifu Garry and Sifu Linda Baniecki** of the Jee Shin Wing Chun Kung Fu Association. Over five years, he deepened his knowledge under their expert guidance, culminating in earning his Gold Sash Instructor certification. In 2015 and again in 2018, Paul travelled to China to explore the roots of Wing Chun - an unforgettable cultural and martial experience. In 2016, Paul started the Wing Chun Kung Fu Bendigo school.



Sifu Paul at the Grandmaster Yip Man Memorial Hall, Foshan, Guangdong, China.

Recognising the evolving nature of self-defence, Paul expanded his training to include **ICS Close Quarters Combat**, an advanced system blending martial arts, military, and police tactics. He trained under **Peter Sciarra**, the system's founder and a globally sought-after instructor known for his powerful, pressure-tested techniques.