

First Canadian  
Wing Tsun  
Kung Fu School,  
est. 1994

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# Wing Tsun Kung Fu



# Instructor Course

# 2004



## **1. Wing Tsun as a (part-time) occupation?** (advertisement text web site, [www.wingtsunkungfu.com](http://www.wingtsunkungfu.com))

Classical teaching and learning models appear to be cast in stone, yet they are often no longer effective. Entire professions are dying out, and some lines of business are disappearing completely. What graduate can really say today what he or she will be doing in five years time? Nobody really knows where things are heading.

New opportunities are growing alongside well-traveled paths; opportunities for the intelligent and hard working who are not afraid of venturing into new territory.

The transition from an industrial society to a service society is becoming more and more evident. The recreational sector, in particular, is becoming increasingly important (fitness, sports, relaxation, self-development, etc.).

Many people have already achieved a good income, their independence and self-fulfillment in this area. Some have even started new careers, which they would never have dared to dream of in their former jobs. And some have turned their hobby into a profession, or at least into a satisfying secondary occupation.

Have you ever thought of building your future on Wing Tsun? Well, you'll need to be flexible and enterprising, in addition to possessing initiative and drive.

Are you people-oriented? Are you able to withstand physical and psychological strain? Do you have some form of start-up capital - however small?

Do you want to be independent, be your own boss and organize your working hours to suit yourself? Then why not put your knowledge of Wing Tsun to profitable use?

For more information please contact us by calling 604-436-4001 or via e-mail at [trainer@wingtsunkungfu.com](mailto:trainer@wingtsunkungfu.com)

## **2. Each Teaching License becomes valid with the following Technical Grade:**

Trainer 1 (Assistant Instructor)	10 <sup>th</sup> SG
Trainer 2 (Instructor)	1 <sup>st</sup> TG
Trainer 3 (Instructor)	2 <sup>nd</sup> TG
Trainer 4 (Instructor)	3 <sup>rd</sup> TG

## **3. Trainer 1 requirements**

- writing a theory paper on a Wing Tsun related topic of your choice, should be at least 4-5 pages, (some write 10 or even 20+)
- completing a 10 part questionnaire with extensive and thorough answers
- attending two theory and two practice classes (included in license fee)
- 10 specific teaching assignments under supervision
- student mentorship program
- regular participation in group classes
- increased involvement in school activities
- 1 passport picture
- Course fee of \$175 on sign-up
- entry level for participation SG5

#### 4. Questionnaire

1. What is the duty of a Wing Tsun instructor?
2. How should the relationship between instructor and student be like?
3. How should the instructor prepare the student for an upcoming test?
4. What makes an instructor professional?
5. How to deal with newcomers?
6. How to deal with student's problems?
7. How to prepare for an upcoming seminar?
8. How to prepare for an Open House (Trail Class) event?
9. How can you motivate students and yourself?
10. How to prepare yourself for an upcoming test?



#### 5. Why become a Wing Tsun Trainer?

For every student who continues his/her Wing Tsun studies comes at one point the question: "How do I make my training more effective?"

For some it's only a nice hobby on the side, for others it is a great way to balance job, life, body and mind. Some want to achieve everything that is possible in Wing Tsun, even make a career out of it.

Regardless of the motivation, one usually finds that he/she learns the most by teaching others while continuing one's own learning process.

Becoming a good Wing Tsun trainer is a long process and requires hard work. Becoming a Wing Tsun trainer is a tough responsibility rather than an honour.

A Wing Tsun trainer is not suddenly a unbeatable Wing Tsun fighter, she/he learns more and more in depth, to help others to achieve their goals. Learning how to teach can take many, many years!

Besides the technical qualifications a prospective Wing Tsun Trainer will over the years be able to achieve further Trainer Certifications. Ask about our accelerated student program advancement.

#### 6. Teaching License, Trainer 1 ... What does it mean?

- How does one get this license?

In addition to the 'Trainer 1 requirements' listed points your practical Wing Tsun tests will increase in intensity. Other than that you simply have to sign up.

- When is the Trainer 1 License valid?

This Wing Tsun Trainer License is valid in combination with at least the 10th Student Grade.

- What can one do with this License?

1. Possibly open up your own Wing Tsun School, subject to approval.
2. You can open up your own Wing Tsun School, yet team up with the Head-Instructor.
3. You can take over certain parts of the teaching, or some classes in the school of the Head Instructor, become part of the team.
4. Depending on technical grade and type of license, instructor can test certain uneven student grades of his/her students in his/her own Wing Tsun School.

5. Getting more involved in our school activities by partially teaching groups of our existing students
6. Through teaching, find out more about the student/instructor programs by facing unexpected questions from beginners, facing unusual situations (fast unexpected attacks, etc.), having to know not just the programs, but also the "how to" of teaching them, including motivating others, etc.

The motivation of some is to become good instructors one day. Others just want to improve themselves.

Both will experience that responsible teaching is the best learning tool for oneself!

Point 2 and 3 mentioned above are subject to the approval of the Head-Instructor.

As in other schools, many students may achieve their license, but few will only be approved to actually teach.

Again, rather than an honor or great achievement, a Trainer License is a responsibility.

### **7. Theory topics for a future Wing Tsun Trainer**

The theoretical education goes way beyond the pure understanding of Wing Tsun itself. The instructors and students are expected to subject themselves, to learn about a wide variety of surrounding topics.

Those programs taught in group classes, private lessons, during seminars will over time include the following:

- Wing Tsun history and development
- Wing Tsun family structure and traditions
- Wing Tsun techniques, body mechanics, physics
- Wing Tsun strategies and tactics
- How to open a Wing Tsun school
- The history of many different styles/martial arts
- The self-defense laws reflecting the lawful situations depending on the countries specifics
- Programs and teaching of children's classes
- Programs for seniors
- Programs for people with disabilities
- Programs for security firms, bodyguards, special units of police and armed forces
- Nutrition and healthy living
- Special seminars about Japanese and Korean styles under special consideration of Karate and Taekwon-Do
- Special seminars about the thematic of boxing, Thai-boxing and other full contact styles



- Internal Chinese styles, ChiKung and breathing
- External Chinese styles
- How to deal with students, assistants and other instructors
- Public presentation skills for contacts with the press and other styles
- Taoism
- Zen and Chan Buddhism
- Confucianism
- The philosophy behind Wing Tsun
- Secret societies in martial arts
- The structure, history and purpose of Chi Sao
- The teaching structure of student programs 1 through 4
- The teaching structure of student programs 5 through 8
- The teaching structure of student programs 9 through 12
- Psychology (group dynamics, teaching strategies and learning pattern)
- Physiology (muscles, joints ...)
- Advertising and marketing tactics
- Wing Tsun demonstrations, Open Houses, performance in front of prospects

## 8. Technical Grading Curriculum

12 Student Grades – SG's  
4 Technician Grades – TG's

We assume the knowledge of the reader regarding the student programs and will during theory classes focus on general explanations of the trainer program contents. Please make use of the 3-page paper 'Grading Structure – Program Contents'.

To refresh your memory - Use our Open House events as a free opportunity to review practical and theory knowledge of Wing Tsun in an open question forum. If you have questions that you haven't asked in class - now is the time – take advantage of it!

**One man can be a crucial ingredient on a team, but one man cannot make a team.**

Kareem Abdul Jabbar

**TEAM -- Together Everyone Achieves More.**

Source unknown

