

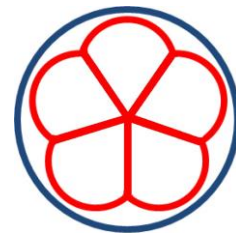
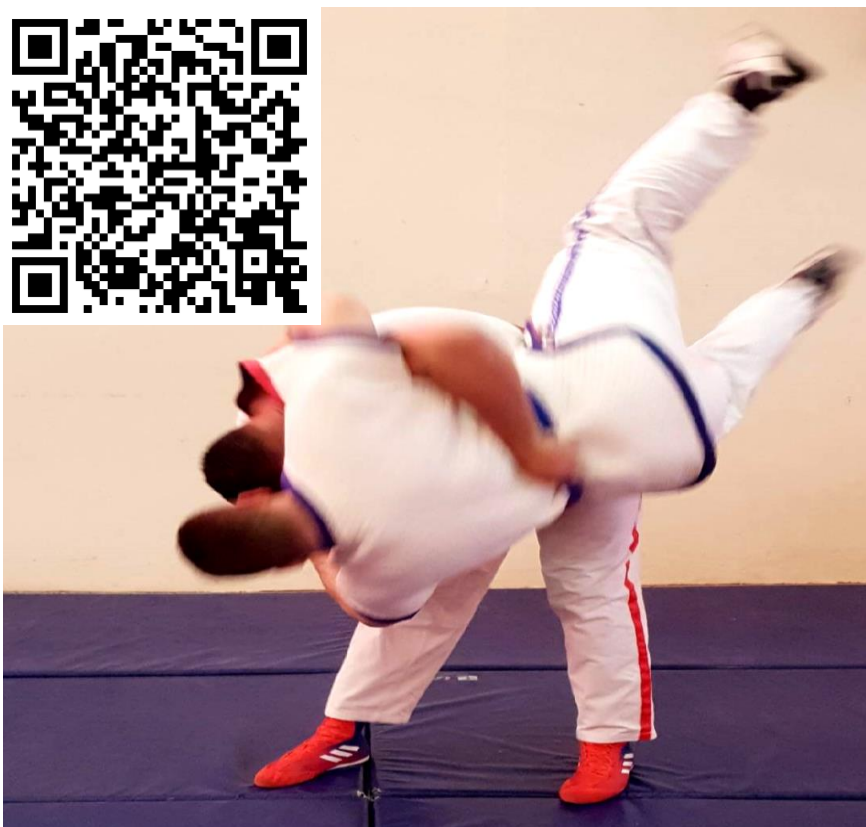
Get Fit



Healthy Body | Healthy Mind | Healthy Life

Exercise and Self-Defence

with Team GB (Shuai Jiao and Kuoshu Lei Tai) Coach: Master Robert Simpson (Yuan Xiang)



Our Lady Help of Christians

Roman Catholic Parish Church

Parish Centre | 52 Castle Street | Luton | Bedfordshire | LU1 3AG
Wednesdays 7:00pm to 9:00pm

British Shuai Jiao Union (BSJU) in association with
the Institute for Chinese Martial Arts (ICMA)
promoting health and wellbeing through martial arts

Information: www.olhc.uk/self-defence.html

Martial Arts for Exercise and Self-Defence

Get Fit - Martial Arts for Exercise and Self-Defence - programme incorporates traditional Chinese martial arts including Northern External Tien Shan Pai and specialist throwing aspects of Bao Ding Shuai Jiao. This is a no-nonsense combat sparring system which takes the most effective elements from the ancient Chinese styles to train for self-defence and/or the ancient combat tradition of Kuoshu Lei Tai (the original MMA). The programme is designed to develop effective fighting skills quickly: it is much more martial and far less art. Although there is stance work to build strength, flexibility drills to enhance performance and Forms to optimise sparring technique and improve coordination and rhythm. The system is a coherent form of fighting skills based on five elements: Da – kicking and striking; Shuai – wrestling and grappling; Na – joint and pressure point manipulation; Dian – point striking; and Cui – breaking and dislocation. Although there is groundwork within the system, it is primarily designed to effectively control the opponent quickly and effectively using the ground as a weapon. The system specifies five sparring ranges: Si – thinking; Ti – kicking; Da – striking (with forearm, fist and palm); Shuai – grappling (and striking with knee, elbow and head); and Na – seizing (and choking). These ranges are used to optimise the defence and offence strategy.

Class Structure

Start of the Class: Students line up usually in rows of six (one arm's length apart) facing the Instructor (Coach). Out of respect, a salute is exchanged and the Student Code is recited. The student Code reminds us why we practice Chinese martial arts; and the principles to which we should aspire, including self-defence.

During the Class: The warm-up drills are designed to be gradual and sufficient to increase muscle and core temperature without causing fatigue. Over time the students' skills, stamina, strength, speed and stretching (flexibility) will increase. Techniques are used to develop the students' understanding of biomechanics and the principles of effective combative and self-defence training. In time the student will be able to adapt their techniques to eliminate threats and to protect themselves and make use of weapons.

End of the Class: Students line up in rows of six (one arm's length apart) facing the Instructor. Students then participate in a closing cool down exercise.

About the Institute

The Institute for Chinese Martial Arts (ICMA) is an apolitical and non-profit making organisation. Established in the United Kingdom in 1990, as a Chinese Kuoshu Institute (martial arts) school: over that time, the ICMA has developed a reputation for producing some of the finest martial artists in the country – many of whom have represented Great Britain internationally.

As an student, you will have the opportunity to: train alongside both national and international champions; learn from Masters with World-renowned reputations; and attain qualifications in Chinese martial arts that are ratified by the appropriate International governing bodies.

The training regime will include the practical application of the skills acquired during the lessons. Depending on the style being studied, students may emphasise certain aspects of the key elements: Da, Shuai, Na, Dian and Tui. We make every effort to train students to be the best they can be in martial arts: fitter through exercise and practical in their self-defence.

Our Instructors (Coaches)

As well as being qualified internationally in the respective styles, all Instructors with the Institute for Chinese Martial Arts (ICMA) are trained in: First Aid, Coaching Children and Adults at Risk; and Health and Safety (including Risk Assessment). All ICMA Instructors have Enhanced DBS checks to ensure that they can coach children and young people. All Instructors received continuous professional development training to ensure consistently high standard in teaching. All Instructors are trained to National standard for Chinese martial arts tournaments and championships with many trained to International Judge and Referee standard. Instructors are licensed and insured through the British Shuai Jiao Union (BSJU).

More Information

Website: www.shuaijiao.uk
E-mail: secretary@shuaijiao.uk
Telephone: 01582 876700 | Hotline: 07760 763529

Frequently Asked Questions

Where and when are the nearest class?

Parish Centre (Main Hall)
Our Lady Help of Christians Parish Church
Wednesdays: 7:00pm to 9:00pm.

When can I join? There are four intakes during the year which follow the Academic year: October, January, April, and July.

Who can join? Men, women and children (from age 11) are welcome.

What do I wear? Unrestrictive clothes: preferably a plain black tee shirt or vest, black martial arts trousers or jogging pants, and trainers.

Will there be physical contact? Student often pair up and engage in striking and/or throwing drills and techniques which may involve hitting pads and bags and sparring. Full and semi contact sparring is limited to Adults only. Light contact sparring is available for children from age 14 years.

How are the classes run? The classes run for two hours and are instructed in Grade Groups: Beginner to Intermediate and Advanced to Instructor.

Is it easy to learn? Yes, but it does require practice to improve skills.

Will I be licensed and insured? Yes, through the officially recognised governing body for Shuai Jiao (Chinese Wrestling): the British Shuai Jiao Union (BSJU). There is an annual membership fee which covers the licence and insurance fee.

Cost

These classes are being offered **FREE** as part of the community outreach **Get Fit** programme, delivered by the BSJU in association with the ICMA, and in partnership with Our Lady Help of Christians Roman Catholic Parish Church.