



## **General Information – Derby Class**

We are the Close Range Combat Academy (CRCA), founded by Sifu Randy Williams of the USA. Our Chief International Instructor is Sifu Mario Lopez of Germany. We have clubs all around the world, including the USA, Germany, Poland, Portugal, France, Romania, Chile and Mexico. In England, we have clubs in Derby and Cheltenham.

The Derby and Chief UK instructor is Sifu Andy Walker, with assistant instructor Luigi D'Angelo. Cheltenham's instructor is Sifu Gary Angove.

We teach pure CRCA Wing Chun as do all our schools. It is Ip Man lineage with further enhancements made by Randy Williams through his 30+ years of experience.

### **When are the lessons?**

The Derby class runs every Tuesday and is structured as follows:

7 to 8pm – Beginners Class

8 to 10pm – Advanced Class

Beginners are invited to join the advanced class once they have passed their first grading.

We also teach private lessons on request.

### **How much does it cost?**

The first lesson is free – you can try out the classes without payment or obligation. After that they cost £10 each. Please pay in cash on the night.

We also charge a one-off membership fee of £30, which is payable after the first six weeks of training. This gives you:

- Membership to the CRCA
- Club T-Shirt
- Membership to the British Martial Arts and Boxing Association (BMABA)
- A full year of Liability and Accident insurance
- Access to our Social Media discussion groups
- Information pack and access to online resources to assist your training

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### **How old do you have to be?**

Our minimum age is 14. We do not believe unmodified Wing Chun is suitable for anyone younger. As for maximum age – there isn't one! Wing Chun is an art than can be practiced at any time of life.

### **What are the benefits of Wing Chun?**

Wing Chun will condition your body and your mind. You will get stronger, fitter and healthier if you train regularly. You will also learn how to defend yourself. Plus, you'll make some good friends – we run a friendly class.

### **When and how can I start?**

You can join any time. To do this you must contact us to agree a starting date – please do not turn up without prior arrangement. On lesson night, please come along ready to start promptly at 7pm.

### **What do I wear?**

You are expected to wear a Club t-shirt once you join. If for any reason you can't, please wear a dark coloured t-shirt. Please also wear tracksuit or Kung Fu bottoms (shorts are OK in summer). Footwear must be worn and can be either trainers or Kung Fu shoes.

You can purchase hooded CRCA tops and other clothing, but that is not compulsory.

### **Are there gradings?**

Yes. There are eight belts to obtain, including three Black Belt grades. The first grading is for the Blue Belt, which helps you learn all the core skills needed to join the advanced class.

Wing Chun has a very structured way of learning and our gradings support that, helping you move through the system effectively.

Gradings cost between £15 and £30 each. We organize grading nights (separate to class nights) at set intervals, but you can also arrange specific days/times if you can't make the set sessions.

### **Are books and DVDs available?**

Yes. Randy Williams has a full range of DVDs and books available. These cover the exact system we teach, so are highly recommended. Please contact us for more details.

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### **Do I need to buy any other equipment?**

Initially, no. When you reach the advanced class, we advise that you purchase some protective gear (head guard, mitts). We can offer those to you at a discount rate or you can buy from anywhere else that you want to.

You may also want to buy other Wing Chun specific training equipment, such as the Rattan Ring and Wall Bag. Dedicated students often invest in their own Wooden Dummy (a good one costs around £500 but should last a lifetime). None of these items are compulsory, but they will assist you in your training. If you are thinking of buying any equipment, please come to us first. Often, we can offer a discounted rate, or we can point you to a reputable brand and seller.

### **Are there toilets, changing facilities, drinks?**

Yes, there is a toilet and shower room. This also is where you can change if you need to. There is water on tap, but please bring your own bottle (we do have a few emergency cups for those who forget).

### **Is there parking?**

Yes – we have a small car park in front of the building. There are also parking areas on the surrounding streets (free after 6pm). There is a big pay and display car park opposite the club, though no one has needed to use that to date.



## How do I find you?

We are on Siddals Road, Derby, DE1 2PW. We are at the town-end of the road, opposite Bounce Revolution and the large public car park. Our building is to the right of the Derby Evening Telegraph. Look for our sign, and the large "Skillbase" sign.

We are on the bottom floor. There is a front door which we always leave open when a class is on.



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## **Beginners Syllabus**

Beginners classes revolve around core Wing Chun skills. These are covered on your first test (Blue Belt), which you need to pass to enter the Advanced class.

Basic stance and footwork  
Hand and elbow strikes  
Blocking techniques  
Simultaneous blocking and striking  
Basic kicking and knee strikes  
Siu Leem Tau Form  
Basic Chee Sau  
Basic Lop Sau  
Basic 2-person drills  
Basic combat technique

## **Advanced Class Syllabus**

Advanced footwork & kicking  
Advanced 2-person drills  
Advanced combat technique  
Advanced Chee Sau and Lop Sau  
Sparring drills  
Ground-fighting  
Inch punching  
Sand bag conditioning  
Iron Palm  
Chi development  
Combat theory  
Wooden Dummy training  
Rattan Ring training  
Introduction to Weapons training

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## Class Etiquette

Arrive in time to begin training promptly at 7pm. If you have a genuine reason for being late this is OK, but please make every effort to be on time. Lateness can disrupt the class and ultimately means you are getting less time to train

Come in the correct clothing

Always bring your class fee

Respect your instructor. Listen when they are speaking and attempt everything they ask you to do. If you have injuries/problems that prevent you performing certain drills/techniques, please let your instructor know

Respect your fellow students. We run a friendly class. It's a good way to make new friends

Never use the skills you learn outside of the class inappropriately. Respect the law. Anyone caught abusing what we teach you will be ejected from CRCA immediately.

Do your best – train your hardest

Have fun – enjoy the class

*We reserve the right to bar anyone from CRCA training who disrespects the school, their instructors or fellow students. These rules are here to help us get the most out of our training, to enjoy ourselves and to make new friends.*

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