



3rd Annual Camp

Enter the Dragon martial Arts training camp 2014 And Open sparring Tournament

Bigger, better, be there !

7th—12th August 2014

“Little Canada” Activity Centre, Wootton Bridge, Isle of Wight.

IP MAN



WING CHUN



GRAND MASTER SAMUEL KWOK



Exclusive, 6 day training camp and open sparring tournament, open to everyone, all styles, all levels.

No Politics, No Egos, Just Martial Arts !

Come and participate in our third annual training camp surrounded by like minded people in a relaxed, calm, secure and, as always, friendly environment. Daily training sessions with world renowned Traditional Ip Man Wing Chun Grandmaster Samuel Kwok and cover the entire Wing Chun system. Participate in our semi-contact, open sparring tournament and test your skills with a chance of winning cash prizes, trophies and of course a great sense of achievement..

BROTHERS AND SISTERS, LADIES AND GENTLEMEN, IT'S HERE !

I am pleased to announce that the 3rd "**Enter The Dragon**" training camp and "**Way of the Dragon**" OPEN SPARRING TOURNAMENT location returns to the Isle of Wight. It's **Bigger, it's Better** and we invite you all to participate.

BIGGER, BETTER SO BE THERE !! NO EGOS NO POLITICS JUST KUNG FU !

This years training camp and tournament is returning to "Little Canada" activity centre on the edge of Wootton Creek, Isle of Wight, UK . Following the success and facilities of last years camp we hope to see many more participants making this the best training camp yet.

The centre will once again host our "**come one, come all**" open sparring tournament, the 6 day training camp will again feature daily training with "Wing Chun Evangelist" Grandmaster Samuel Kwok. **AND MUCH, MUCH MORE !!**

Following the previous 2 years successful camps we will again be opening the tournament with our **Traditional Chinese Banquet**, we will also be setting up the "**Breaking Area**" where you can try your hand (or elbows etc :) and break tiles, blocks, wood etc and a "**conditioning area**" with wall bags, kick bags, sand and water butts etc to train your body to the max.

With the superb location on one of Britain's most popular islands, our **morning Qi Gong sessions** are the perfect way to start the day. Plenty of areas for peaceful meditation and extended daily training sessions with Grandmaster Kwok covering the entire Traditional Ip Man Wing Chun system is a fantastic way of combining your training holiday with a condensed and comprehensive Martial Arts experience. Our open (semi-contact, non compulsory) sparring tournament make this a "**NOT TO BE MISSED**" event, if you are going to miss anything this year **YOU CAN'T MISS THIS!!**

This years camp will include accommodation with **FULL BOARD**, evening entertainment, bar/games room, swimming pool, sports hall (in case of bad weather), activity centre, coffee lounge with WIFI+TV, assault course, basketball courts and on-site outdoor activities will make this years camp unlike anything else you will have ever experienced. Come and meet like-minded martial artists from all over the world and participate in a fun filled and exclusive training holiday.

We are planning lots of additional things to do and see, there will be an on site professional **Tuina masseuse** so why not book a full massage to get rid of all those knots and tension whilst you are here, see www.tuinatree.co.uk for more information about this traditional Chinese therapy.

Children and families are most welcome, if we have enough participants amongst our younger students a light sparring tournament just for them could see them taking home a well earned prize and trophy. If your children are not training just bring them along and take advantage of the on site facilities and activities to keep them occupied whilst you train or book them in with a full week at PGL and let them have an adventure holiday while you train.

A deposit will be required with your application form which you can find in this brochure if you intend on coming please update your status on our Facebook page (<https://www.facebook.com/events/532744416797039>) to "Going" and return your booking form as soon as possible **but no later than the 28th of June 2014.**

Hope to see you there

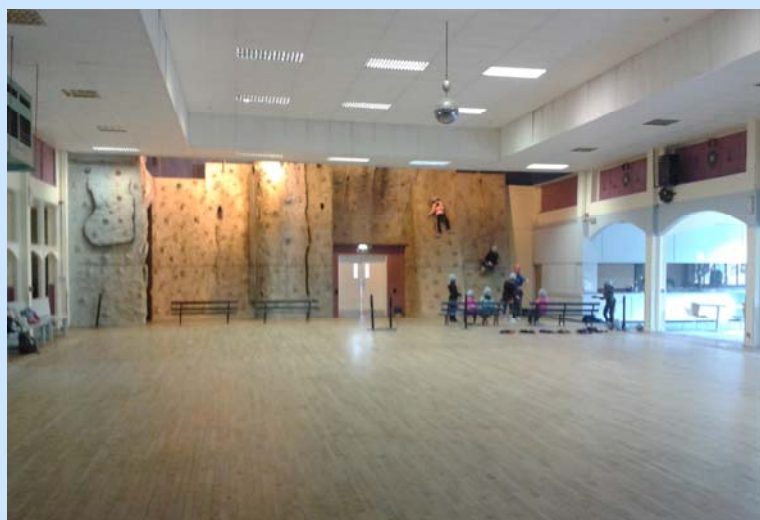
Lee Coleman, Sifu, Samuel Kwok Wing Chun, I.O.W.

This years "Enter The Dragon" themed training camp and "Way of the Dragon" open sparring tournament will take place at the "Little Canada" activity centre located at Wootton on the beautiful Isle of Wight. The centre offers comfortable accommodation in the shape of individual cabins that sleep between 1 and 8 people, all with en-suite shower and toilets plus tea and coffee making facilities.

PLEASE NOTE many of the single beds are bunk beds, we try to have no more than 3-4 adults sharing to one cabin.



Full board including three meals a day is included for those who wish to stay over, for those resident on the island or wishing to make their own accommodation arrangements and simply come for the 4 hours training a day, a day pass can be obtained.



There are vending machines and a coffee lounge with WIFI, dining hall, as well as an activity centre, sports hall, swimming pool, assault course, five a side football pitch, basketball courts, bar and games room.



For the children (depending on age and availability) there is the option of participating in additional activities such as mini quads, trampolines and on site activities such as canoeing, archery, abseiling, fencing, zip wires, low ropes, and more but please understand that this is subject to availability and additional costs as this is not organised by us, (we would rather the kids come and train)

The site itself is located near Wootton Creek where and has plenty of options for anyone wishing to go for a walk, the island is one of the country's most popular walking holiday locations and we have just been officially recognised as having the most clean beaches in the UK . The camp is secure and close to the coastal town of Ryde , the largest town on the island where a wide selection of shops, boutiques, museums and galleries can be explored.



Our 6 day training camp is all about participation, our first years camp had martial artists from **10 countries represented**, a diverse and rich selection of people with a like minded attitude and keen Interest in Martial Arts. Whilst the aim is to cover the entire Traditional Ip Man Wing Chun Kung Fu system with an emphasis on application during **4 hour daily sessions** with GM Kwok, the possibility to train with other attending Martial Artists, including many instructors offers the opportunity to exchange knowledge and skills in a relaxed and friendly environment and will give us all the chance to learn and improve our skills and understanding as well as being inspirational.

"under the skies, under the heavens, there is but one family." B. Lee



Grandmaster Samuel Kwok will be taking morning and afternoon sessions of Wing Chun Kung Fu, his experience of over 40 years and training from numerous Martial Art Masters including both Ip Ching and Ip Chun , sons of the legendary late Grandmaster Ip Man (Bruce Lee's first teacher), will show how the devastating art is so effective at close quarter making it a highly efficient fighting system suitable for all ages and size or sex.

Additional training is always going on somewhere, our association members are always willing to share their time in the pursuit of what they enjoy doing most so why not join them for an exchange of knowledge and skills, we normally have participants who are practising Escrima, Jeet Kune Do, Brazilian Jujitsu, Capoeira, Qi Gong, Tai Chi and more so why not come along and see for yourself and join the fun.

We will be covering all hand forms in Wing Chun, Sil Lim Tao "Little Idea Form", Chum Kiu "Seeking Bridge" and Biu Gee "Darting Fingers" the weapons including the "8 cutting or slashing swords", Bart Cham Dao, the pole form Luk Dim Boon Kwun, the wooden dummy or Muk Yan Jong and the much discussed and practised "Sticking Hands" or Chi Sao that allows you to apply techniques and theories we learn in all the Wing Chun forms with a variety of people with different strength, size and skill level.

It doesn't matter if you are a total novice or an experienced Martial Artist, we cater for one and all, we invite you to join us in what can only be described as an epic experience.

Please feel free to bring along any training equipment yourself, we can never have enough pads, bags, dummies, poles, staffs, training knives etc.

There is the choice of several outside training locations and spacious indoor training areas should the weather turn bad.

There is plenty of space to train, quiet places to contemplate and the whole activity centre to pass 6 days with or without children, there is something for everyone so please book now to avoid disappointment.



2013 was a fun filled and enjoyable experience for all who attended, this year we hope to improve again on that experience and call on everyone to bring as many of their friend and training partners with them. We hope to encourage many highly trained and experienced individuals who have unfortunately missed the past years camps to make 2014 the best yet.

"A journey of a thousand leagues begins beneath one's feet".



There is Dragon Boat racing following last years successful event where the "Winners" took victory like taking candy from a baby (losers you know who you are) so we are expecting a competitive "re-match" and some additional boats depending on the number of participants.



Our opening banquet with evening entertainment starts the event off with a bang, last years Lion Dance was a great success and enjoyed by everyone.

The sparring tournament is set to become bigger this year with more people stepping into the ring and more opportunity for those to practice before competing.

"Whats your Style?"

How do you know if it works if you don't try ?



In addition to the daily training sessions with Grandmaster Kwok, we are also setting up a **“conditioning area”** with wall bags, kick bags, sand, gravel and water drums, leg stretching, and hopefully **“Mui Fa Jong”** (plum flower blossom posts) learn how to deliver devastating power. We all regularly train techniques and application but unless your body is trained to withstand shocks, force and is desensitised you can cause serious injury to yourself, so why not come along and take full advantage of our facilities and **“forge your body in the fire of your will”**



Our highly popular **“Breaking Area”** returns this year with the usual tiles, boards, blocks etc to practice your hard Qi Gong, even if you have never tried before you may be surprised just what you are capable of with a little help and encouragement.

Training the body externally is essential in all Martial Arts, during our training camp we would like to offer all participants the opportunity to explore their “internal” selves with our **“Meditation & Qigong Sessions”** where correct breathing and meditation techniques can be learnt and practised during your stay, we even have a fully qualified Tuina Masseuse and on hand, acupressure and acupuncture even chi healers.



There are regular Qi Gong sessions throughout the camp, we encourage everyone currently practising to take a class and those people who have never tried can join us and see how correct breathing with simple movements can develop energy easily and provide a good basis for building core strength, balance and concentration.

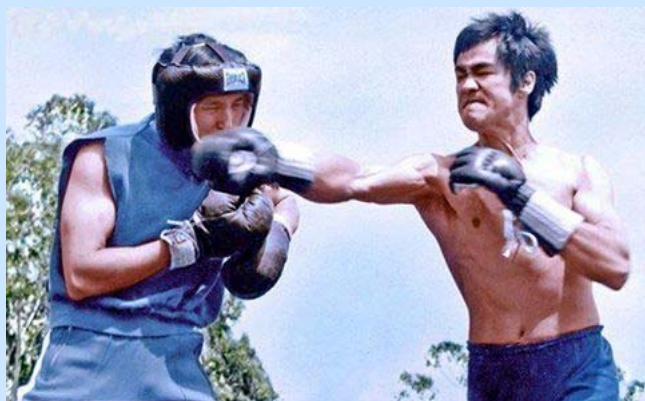


We encourage all participants to train with one another, the exchange of knowledge and skills amongst Martial Artists from diverse backgrounds is something that should be promoted, remember; **“advance daily throughout your life, becoming more skilful today than yesterday”**. This is a never ending process.

Join us and experience a training camp you will be talking about for months to come.



Open Sparring Tournament



Our third open sparring tournament will again be separated into two categories of “**professional**” and “**amateur**” fighters. Professional fighters are simply those who have sparring before in an organised event, regardless of style or discipline where amateurs are complete novices who have never sparring outside of their own club, Dojo or Kwoon. In addition to adult bouts we encourage you all to bring along the children from your schools to participate.

There will be separate bouts for children (**between 10 and 15 years**) if enough sign up.

The sparring will be **Semi-Contact** with a points based scoring system, 3 x 1.5minute rounds with the victor being the individual with the most points at the end of the bout. Anyone wanting to participate **must bring along their own protective equipment** including a head guard, mitts (MMA style open mitts permitted), gums shield and box (for male participants), body protection optional.



The sparring bouts will take place throughout the camp depending on numbers of participants, the bouts are controlled with the emphasis on technique with no KO permitted. Cash prizes, trophies and medals to be awarded at the end of the training camp.

PLEASE NOTE: Although this tournament is being organised by the Samuel Kwok Wing Chun Martial Arts Association who’s main training emphasis is Traditional Ip Man Wing Chun Kung Fu, we eagerly extend the hand of friendship to **ALL Martial Artists regardless of style, discipline or lineage** in the hope that we can attract a wide range of skilled and talented individuals willing to share their experiences and talents with other during their stay.

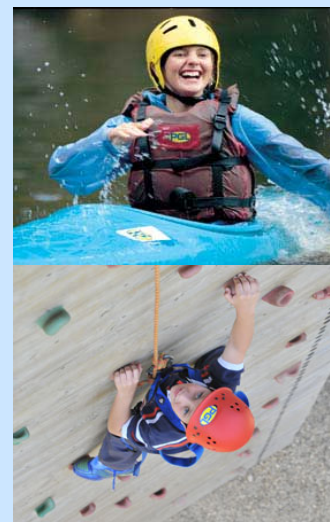
NO EGOS, NO POLITICS.

Please come and represent your school, club or Master, just don’t bring any Ego’s our attitude. We do not want people being upset or the event being ruined by unruly or unwelcome behaviour.

This will not be tolerated and you will be “asked” to leave!

For the Children

As this years camp is being held in “Little Canada” PGL activity centre there is the option of your children taking part in some of the many activities available at the centre. This is of course subject to availability on the day and numbers of participants but if your children are not practising Martial Artists you can bring them along anyway and let them enjoy the facilities of the camp. Certain activities may incur an additional charge so please try to let us know in advance what you are interested in trying and we will do our best to organise it for you. Alternatively you can book your child in for the week with PGL so you can concentrate on training ! You can rest easy knowing they will be well looked after and have a great time!



Activities on site available include :

- Abseiling, Aeroball, All Aboard, Archery
- Beach Walk, Canoeing
- Cat Walk, Circus Skills
- Climbing (indoor and outdoor)
- Dragon Boating, Fencing
- First Aid, Giant Swing
- Hiking, Initiative Exercises
- Jacob's Ladder, Kayaking
- Keel Boat Sailing, Low Level Ropes
- Nature Trail, Orienteering, Pop Mobility
- Problem Solving, Quad Biking
- Raft Building, Sensory Trail
- Sports and Team Games
- Survivor, Swimming
- Trapeze, Tunnel Trail
- Zip Wire



The minimum age for children to participate in the training camp and sparring tournament is 10 years. Some of the activities on site start from 8 years but all children are welcome with 3 year olds and under being free of all charges. Please understand that if your child is not booked in with PGL or is too young to join in any of the activities they may be restricted to things they can take part in so please be aware to avoid disappointment.

The site is fully enclosed and secure with qualified members of staff on site at all times so you can rest assured your children will be safe and well catered for at all times.

We hope this will make it easier for you all to attend this years camp and look forward to welcoming you all in August.

Training Camp Agenda

Wednesday 6th

Early arrivals, open cross training & discussions
Sparring Tournament inscriptions

Thursday 7th

Arrivals and open cross training/discussions
Sparring Tournament inscriptions
Break For Lunch

1.30-3.30pm Traditional Ip Man Wing Chun, **What is Wing Chun?, Why Does it Work?**
4-5pm Breaking and Conditioning
7pm onwards **"Enter the Dragon" opening banquet** (costume/uniform optional)

Friday 8th

7-8am Qigong & Meditation
10am-12pm Traditional Ip Man Wing Chun, **Siu Lim Tao**, form and application.
Break for Lunch
1.30-3.30pm Traditional Ip Man Wing Chun, **Basic Self Defence**
4-6pm Preliminary Sparring Rounds

Saturday 9th

7-8am Qigong & Meditation
10am-12pm Traditional Ip Man Wing Chun, **Chum Kiu**, Form and application
Break for lunch
1.30-3.30pm Traditional Ip Man Wing Chun, **Chi Sao Introduced**
5-6pm Intermediate Sparring Rounds
"SPECIAL ENTERTAINMENT NIGHT"

Sunday 10th

7-8am Qigong & Meditation
10am-12pm Traditional Ip Man Wing Chun, **Biu Gee**, Form and Application
Break for lunch
1.30pm-3.30pm Traditional Ip Man Wing Chun, **Wooden Dummy**
4-6pm **DRAGON BOAT RACING**
8-10pm DEMONSTRATIONS, SUNDAY NIGHT SHOWCASE

Monday 11th

7-8am Qigong & Meditation
10am-12pm Traditional Ip Man Wing Chun, **6 1/2 point Pole**
Break for lunch
1.30pm-3.30pm Traditional Ip Man Wing Chun, **8 Slashing Blades**
4-6pm Final Sparring Rounds

Tuesday 12th

7-8am Qigong & Meditation
10am-12pm Traditional Ip Man Wing Chun, **Certificates & Prize Giving**
Break for lunch
2pm-4pm Traditional Ip Man Wing Chun, **Farewells and Goodbyes.**

Please note: these times may be altered depending on number of participants and availability of training areas etc. Any spare time outside of scheduled training can be used to practice, share skills and knowledge with of Martial Artists attending or use the camps other facilities. We hope to create an ideal training environment with something for beginners and experienced practitioners alike.

How to Get There

The Isle of Wight is only a few miles from the UK mainland in the South of England. There are numerous ferry routes to the island including:

Red Funnel : www.redfunnel.co.uk (10% DISCOUNT CODE AVAILABLE)

Whitelink : www.wightlink.co.uk

Hovertravel: www.hovertravel.co.uk

The various ferry companies run out of Lymington, Southampton, Portsmouth and Southsea, all easily accessible from any of the major airports by road, train or coach.



There is an excellent bus service on the island, plenty of Taxis and minibus operators, if you are interested in attending and require a coach or minibus organising for your school, club or group please let us know what you need and we will do our best to organise it for you.

The “Little Canada” Activity Centre is located on the “New Road, just off and signposted from the A3054 “High Street” in Wootton.

There is the option of attending the event on a “day pass” basis if you wish to make your own accommodation arrangements, if you are not taking advantage of the “full board” option please be aware that you will need to bring a packed lunch with you or book in advance for meals.



We look forward to welcoming you all to our event, if you need any help with travel or special requirements please let us know. Vegetarian and Halal meals are readily available.

Contact email: leegc@mail.com or phone (0044) 07850 681666

Booking Form

Simply fill out this form and send it to us with your payment checking all items that you require.

Name	Adults	Children	Children's Ages
Address	No.....	No.....	
	Club or School (if applicable)		
	Sparring Tournament (please circle)		Number Sparring
	Yes/No	Yes/No	
Contact Tel No.	Pro/Amateur	Pro/Amateur	
Mobile Tel No.	We are catering for vegetarian and Halal meals if you have any other medical or special requirements please mention them here. All meals are served in the canteen during allotted times, there are vending machines on site for snacks and drinks plus we will be providing bottled water if required for the duration of the camp.		
Email :			
Payment Method (please circle) Paypal/Transfer/Cheque			
Paypal Address: leegc@mail.com	Per Person	Children 4-6yr	Sub total
Number Attending			
Full 6 Day Camp (Thursday to Tuesday)	£400.00	£100.00	
Per Day + Night Full Board if not full camp.**	£70*	£20*	
Day Pass Only Per Day (no meals supplied 9am-6pm)	£35	£15	
Meals for Day Pass Holders (please book the day in advance)	£8	£4	
Camp T Shirt (indicate sizes) S, M, L, XL, XXL, XXXL	£10 (1 x FREE TO SKMAA MEMBERS)		
“Enter the Dragon” Banquet inc wine/soft drinks/sodas	£20pp	£10pp	
Daily Activities per day ***	POA		
Full Tuina Massage (by our in-house qualified masseuse) See here for more details about Tuina treatment : www.tuinatree.co.uk	1/2hr £20	N/A	
	1hr £35		
Early Booking Discount (-15% on accommodation) if booking before 15th April			
FREE CAMP FEES (not including banquet or Tee Shirt) IF BRINGING 10 ADULT STUDENTS			
Final Total			

A 50% deposit is required if booking before 20th May, Balance due by 10th July, bookings after this time must be confirmed first and accompanied by payment in full. Please note all children 3 years or under are free of charge but must be accompanied by an adult at all times.

Accommodation will be accessible for all parties arriving on Wednesday from 15.30hrs at the latest, departure Tuesday must be no later than 18.00hrs unless staying for additional days.

• Please let us know the dates that you wish to attend

** Please let us know what date you arrive and when you depart, PLEASE NOTE if booking additional days to 6 day camp this is reduced to £55.00, use this amount if arriving or departing either side of camp dates.

*** Please note that the activities are subject to type, availability and number of people taking part, we will do our very best to accommodate everyone and keep costs to a minimum.

Postal address for booking form : Lee Coleman, Kingsmead, Coopers Lane, Wellow, Isle of Wight, PO41 0UJ.

Contact: Lee Coleman: leegc@mail.com or phone 07850 681666



INSTRUCTORS

This year for instructors or group leaders there is a 100% discount on accommodation and meal costs (excluding the opening banquet). Simply bring along 10 of your fellow club adult members or students and you get to stay for free. This is a great opportunity to get your group or club members attending together.

Last year, everyone's comments on the satisfaction survey have been noted and taken into consideration. Whilst the majority of the comments made were positive, any suggestions on how the overall experience could be improved have been acted on.

ACCOMMODATION

Please be aware that most of the accommodation has single beds and bunk beds, none of the rooms have double beds as this holiday and activity camp caters for groups. Whilst every effort is made to ensure you enjoy your stay, comfortable rooms and beds are provided, we just can't guarantee double beds will be available. Where at all possible we try to keep individuals sharing with no more than two other people to a cabin, many cabins have single rooms, a few of them twin rooms so there is plenty of space for everyone.

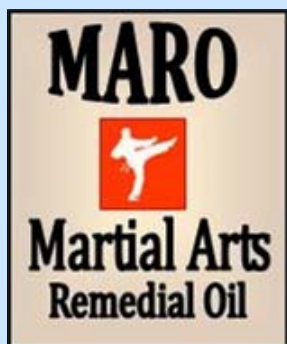
PARENTS

Please understand that this is a training camp. Children who are not enrolled on a PGL holiday (from 7rs old) are welcome to join in the training sessions if accompanied by an adult, dependent on numbers, separate lessons may be provided for children only (from 7-14yrs). Young children (6yrs and under) are very welcome to come along to the camp but must be accompanied by an adult at all times but cannot join the training sessions.

There are limited facilities for younger children at the centre and whilst the PGL staff do their best to cater for everyone due to health and safety reasons, they are too young to join in with the activities. Newport, just a few minutes away by car, has ball parks, swimming pool and many other attractions can be found all over the island if you want to take them out for a day whilst your partner trains.

We look forward to welcoming you in August, don't forget, No Politics, No Ego's, Just Martial Arts!"

Our Valued Supporters and Sponsors.



Members of the
British Council for
Chinese Martial Arts

Recognised by the Sports Council (UK)
European Wushu Federation & International Wushu Federation

