



Get into Sport
play it - love it - live it

Chinese Martial Arts

External - Traditional Northern Wushu

achieve your potential ...



University of Bedfordshire

in association with

Institute for Chinese Martial Arts (ICMA)

Healthy Mind ☯ Healthy Body ☯ Healthy Life

Hightown Community Sports & Arts Centre

Concorde Street, Luton, Bedfordshire LU2 0JD

Saturdays 12:00 – 14:00

For More Information:

www.facebook.com/CMASBedsSU

ICMA Website: www.icma.kuoshu.co.uk

Telephone: 01582 876700

Traditional Northern External Chinese Boxing (Kung Fu Kuoshu Wushu)

Chinese Boxing is the generic English term for Chinese martial arts. The foundation style for this form of Chinese Boxing is the Northern External Style of Tien Shan Pai. The system incorporates also the 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). Chinese Boxing 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 Chinese Boxing 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 ground work within the system, it is primarily designed to effectively devastate the opponent not stand toe to toe at length or roll around on the ground with them. 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 attack strategy.

Class Structure

Start of the Class: Students line up usually in rows of six (one arms length apart) facing the Instructor. Out of respect, the Instructor and students salute each other; 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.

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' endurance, stamina, strength and 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 arms length apart) facing the Instructor. Students then participate in a closing Qi Gong exercise. Out of respect, the Instructor and students salute each other.

About the ICMA

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 ICMA 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 Cui. We make every effort to train students to be the best they can be in martial arts and extol the principle of: De, Zhi, Qian, Wu (Virtue, Wisdom, and Humility through Martial Arts).

Our Instructors

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 Vulnerable Adults; 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 ICMA 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.

More Information

ICMA Website: www.icma.kuoshu.co.uk
Facebook: www.facebook.com/CMASBedsSU
E-mail: admin@kuoshu.co.uk
Telephone: 01582 876700

Frequently Asked Questions

Where and when are the nearest class?

Hightown Community Sports and Arts Centre
Saturdays: 12:00 – 14:00

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 or martial arts uniform: white tunic and black martial arts trousers with trainers or martial arts shoes. You can order your uniform at class.

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 Sport England recognised governing body: the British Council for Chinese Martial Arts (BCCMA). There is an annual membership fee for the Institute for Chinese Martial Arts which covers the licence and insurance fee.

How much will it cost per session?

Waged Adults: £6.00
Concessions (Unemployed/Students): £4.00
Get into Sport Participants (Chinese Martial Arts): FREE
BedsSU CMAS Members: FREE (subject to SU fee)