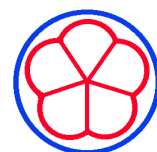


# Shuai Jiao

## Traditional Chinese Wrestling

### 中華摔角



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APPROVED



Chinese Kuoshu Institute (UK)  
Healthy Mind ☯ Healthy Body ☯ Healthy Life

## Denbigh High School & Specialist Sports College

Beginner to Intermediate (Adults): Saturdays 14:30 – 16:30

### Information

Website: [www.kuoshu.co.uk](http://www.kuoshu.co.uk)

Telephone: 01582 876700

## Shuai Jiao (Chinese Wrestling)

Shuai Jiao is a practical no nonsense form of Chinese martial arts with a history of some 4,000 years. It has survived ancient battles and modern wars; and today remains the martial arts of choice for the Chinese military and police forces. Shuai Jiao (Chinese Wrestling) is one of China's best kept martial arts secrets: only coming to the West in the 1970s; and then taught mainly in Chinese closed door schools. Today, the benefits of Shuai Jiao are available for all people of all ages and abilities. Shuai Jiao is dedicated to practical skills and drills based on five elements: : Da (打) – kicking and striking; Shuai (摔) – wrestling and grappling; Na (拿) – joint and pressure point manipulation; Dian (點) – point striking; and Cui (摧) – breaking and dislocation, within the context of throwing.

Bao Ding Shuai Jiao has remained unchanged for centuries. Whilst other more elaborate styles have flourished and then died, Shuai Jiao's effectiveness as a martial arts system has assured its survival and that of its practitioners.

## Class Structure

**Start of the Class:** Students line up 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 and flexibility will increase. Techniques are used to develop the students understanding of biomechanics and the principles of effective combative and self defense training. Over 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 Out of respect, the Instructor and students salute each other.

## About the Chinese Kuoshu Institute

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

As a CKI 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 and recognised Worldwide.

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, Dien and Tuan.

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).

## Instructor

Master Rob Simpson (Yuan Xiang) is a Master Instructor with the Chinese Kuoshu Institute and holds a 6<sup>th</sup> Tuan (Degree) from the World Kuo Shu Federation (TWKSF). Master Simpson is: TWKSF Referee General; A Class International Judge; and the BCCMA Head Judge for Tao Lu. He has trained National, International and World Champions; and has travelled extensively in the Far East. Master Simpson teaches Bao Ding Shuai Jiao (Chinese Wrestling) - Chang Tung-Sheng lineage; Tien Shan Pai (Northern Shaolin) - Huang Chien-Liang lineage; and is an exponent of Chen Pan Ling Taiji Quan, Tian Gang Qi Gong, Xing Yi Quan, and Ba Gua Chang.

## More Information

CKI Website: [www.kuoshu.co.uk](http://www.kuoshu.co.uk)  
MAS Website: [www.mas.kuoshu.co.uk](http://www.mas.kuoshu.co.uk)  
E-mail: [admin@kuoshu.co.uk](mailto:admin@kuoshu.co.uk)  
Telephone: 01582 876700

## Frequently Asked Questions

### Where is the nearest class?

Denbigh High School and Specialist Sports College  
Alexandra Avenue  
Luton  
Bedfordshire  
LU3 1HE

### When can I join?

There are four intakes during the year: October, January, April, and July.

### When are the classes?

Men and women of all ages are welcome.  
Saturdays: 14:00-15:00 (Children are welcome from age 14)

### What do I wear?

Unrestrictive clothes: preferably a plain black or white tee shirt or vest, black martial arts trousers or track suit bottoms, and flat shoes.

### Will there be physical contact?

Student often pair up and engage in striking and/or throwing drills and techniques which may involve throwing opponents. The falling and throwing drills gives the student the opportunity to develop core power. Working with an opponent for throwing techniques enables the student to develop awareness, coordination, balance and core stability.

### 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 perfect 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 Chinese Kuoshu Institute which covers the licence and insurance fee.

### How much will it cost per session?

Adults: £6.00 Students: £4.00 Children (under 18): £4.00.