

# WING CHUN UNIVERSITY®

## WORLD CLASS ONLINE TRAINING

### Table of Contents:

- Welcome .....	1
- Your Instructor, Sifu Fernandez .....	1
- Personal Note from Sifu Fernandez .....	2
- Start from the Very Beginning? .....	3
- Order of Lessons & Certification/Grading Notes .....	4
- Lessons in Numerical Order .....	5
- Lessons in Grading Order .....	6
- Lessons in Grading Order for Schools (2015) .....	7
- My Promise to You .....	8

Welcome to the **Complete WingTchunDo System** Course at the WCU!!I, and the WCU team, will do our very best to take you step by step throughout the entire Wing Chun system in as much detail as possible. With almost 80 hours of video footage, we can say for sure that this is the largest and most ambitious online course made to date.

This university course gives you the possibility to be certified and eventually, with the correct training and certification, allows you the chance to join the ever-growing worldwide network of WingTchunDo schools!

We hope you enjoy this course and we look forward to having future collaborations with many Wing Chun practitioners.



Your teacher/Sifu for the WingTchunDo Course will be Sifu Fernandez – an experienced instructor, renowned bouncer and body guard. His street fighting experience has helped him formulate and further evolve his studies in combat and martial arts – bringing you the best experience and knowledge he has to offer. He began training Wing Chun in 1972 under the lineage of Chu Shong Tin (Ip Man -> Chu Shong Tin -> Jim Fung -> Sifu Fernandez) and has mastered the WingTsun system as a private student of Grandmaster Leung Ting (Ip Man -> Leung Ting -> Sifu Fernandez). In addition, Fernandez also excelled in other arts such as boxing, kick boxing, Greco-Roman wrestling, Doce Pares, Filipino escrima and various lineages of Wing Chun Kung Fu.

These WCU lessons are very precise and informative. Sifu Fernandez gives you detailed and realistic views on Wing Chun as an art and as a street fighting system. He breaks away from many myths, taboos and hocus pocus misinformation found in the art today. His broad-minded view on many fighting systems shows in the evolution of classical Wing Chun to WingTchunDo (which is a global application of the Wing Chun and Wing Tsun systems). WingTchunDo was officially founded in 2005.



This is a guide to Sifu Fernandez's course, *The Complete WingTchunDo System*.



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## A Personal Note from Sifu Fernandez

What can I say about this University course? I was very reluctant to do it at first. I felt pretty negative about teaching online via a screen or a 2 dimensional box.

However, I tried teaching with some personal tuitional videos for my overseas students and, to my surprise, they were comprehending what I was teaching. I never would have believed it.

I wish to forewarn all people taking this course - I took a very serious approach in preparing everything and therefore, apart from 'physical' working programs, I do lecture and talk in an effort to get the best message across. After all...how does one sum up over 40 years of his life in just 80 hours of video footage?

My suggestions are to 1) soak everything in, 2) analyze and then 3) train. Don't be methodical robots. Try and live what you are doing.

Furthermore this course is ever evolving. If you feel something should be updated or looked into more deeply, then simply forward your questions to the Wing Chun University. I am more than happy to look at any material and update new programs.

You have around 80 hours of footage to study, but each hour should be trained for at least 60 hours to really ingrain the information into muscle memory. Unfortunately, I cannot be there to follow everyone personally but you have the chance send in video footage of yourself training for review, Skype video conferencing, or to look up an authorised instructor in one of four countries (at this writing) including Italy, France, USA (Seattle) and Canada. We hope to have more instructors globally - so this could be the opportunity for you to open your own school and be part of an organization based on traditional principles of hard work, a community environment and a wonderful art that is not only taught in its entirety but is always evolving.

We welcome you our family. My deepest respects and I wish you all the best on your journey.

All the best,

A handwritten signature in black ink, appearing to read 'Sifu Fernandez', with a long horizontal line extending to the right.

Sifu Fernandez

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## DO I NEED TO START THE COURSE FROM THE VERY BEGINNING?

If you want to learn the complete system, then yes. Although it is understandable that there are certain practitioners who have years of Wing Chun under their belt, Sifu Fernandez recommends following the whole program step by step. The reason for this is because he has planned the entire university course in such a way that gives you a reference point which links back to the very first lesson. Hence, he has used a more traditional approach teaching the forms first, then the advanced forms, how to increase power and flexibility, and how the forms relate to actual combat. [Keep in mind, we do have Sifu Fernandez's old DVDs for download if you want a less-than-complete overview of the system].

With this course, nothing is left to chance. Everything is explained in minutest detail so you won't miss anything. There are no hidden secrets (or you could say all the secrets are revealed in detail!). Just follow the course step-by-step and work real hard. You will learn the system thoroughly and become a better fighter. In some cases, you will learn 3 versions in 1 actually - for example, you will learn the Chinese versions of Lat Sao, discover the reason that Westerners changed the traditional versions, learn these Western versions of Lat Sao, and how they compare. Most importantly we look at the WingTchunDo evolution developed by Sifu Fernandez. It adds in his many years of research connecting various lineages of Wing Chun and teaches you how you can apply his global approach to other combat systems while always maintaining and working within the framework of Wing Chun.

Keep in mind that every Wing Chun lineage is different and what you learned before may not apply in the same way. Also, in order to get any certification you must complete each step of the WingTchunDo course, no matter what your prior experience - the **certifications are in WingTchunDo, not your prior Wing Chun lineage.**

*"I have not withheld any secrets. I don't believe in that sort of thing. I am giving you the best of my knowledge, but what really matters is THE WORK YOU PUT INTO IT.*

*No grading system, or how you watch the video files, is going to help if you don't put in the time...*

*Will you do it?"*

With this said, let us now take a look at the best way to go through this course as well as the different grading/certification options.

This is a guide to Sifu Fernandez's course, *The Complete WingTchunDo System.*



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## WORLD CLASS ONLINE TRAINING

### The Best Way to Go Through the Course & Info On Grading/Certifications

There are a couple of ways you can approach training with this course.

- 1) You can go through the lessons the way Sifu Fernandez suggests for maximum understanding and results.
- 2) You can go through the lessons in a method in-line with how they are traditionally graded for certifications.

#### Lessons in Numerical Order:

*The way I have laid out the university course is based on my personal belief in which the system should be learned. It is a more traditional approach. Nevertheless, I truly believe it will give you the benefits you are looking for. Following this method means learning the lessons in order (Lesson, 1, 2, 3, 4, etc)*

*You will find yourself doing much more preparation work with this method. I have you learn all the forms up front and in order (Siu Nim Tao, Chum Kiu, Biu Tze, Wooden Dummy). Then we move onto the Wooden Dummy drills and combat preparation. Next, I then proceed to combat drills then the Chi Sao sections. Finally, we hit the weapons. I include along the journey other WingTchunDo preparation work which I believe is fundamental to being a complete fighter & helps you to adapt to other fighting systems.*

*If you decide to take my advice, you can trust that this traditional approach, although snubbed by many, is by far the quickest method for you to get the results you are looking for in terms of structure, balance, reflex training and combat preparation.*

#### Lessons in Grading Order:

*The other option is to do the most popular Wing Chun grading system in the world - the grading system which was made popular by the European WingTsun Organization and Leung Ting lineage. Of course I added my personal adaptation to help you obtain the best and quickest results, but this option is not the best way to learn, in my personal opinion.*

*If you are interested in this method, then you will have to refer to the chart on the last page to see what lessons are part of each grade.*

*If you take this grading approach, then you will still obtain the same results, but only if you are truly patient and you work hard. This approach is the one that most Wing Chun schools use. They break up the programs to create a mix between form work, reflex training, structure work, then combat application.*

*So either way the choice is yours. I hope you take the appropriate action and do what is best for you.*

#### Certifications:

There are two types of certifications: Academic and Instructor.

The certification you get by studying through the internet is purely **academic** and gives no authority from our organization for you to become a recognized teacher. Nor does it give you the authority to open a WingTchun-Do school. It simply means that you have studied and understand the course material.

The **instructor** certification requires that you also be trained and graded by Sifu Fernandez personally or by one of his authorised instructors. This is needed in order to test your skills and is required if you aim to open your own WingTchunDo school. Please contact us if you are interested in training at one of our schools.



# WING CHUN UNIVERSITY®

## WORLD CLASS ONLINE TRAINING

### WingTchunDo Lessons in Numerical Order (for Maximum Results)

- Lesson 00 - Introduction and Advice
- Lesson 01 - Siu Nim Tao - Form
- Lesson 02 - Siu Nim Tao - Advanced
- Lesson 03 - Chum Kiu - Form
- Lesson 04 - Chum Kiu - Advanced
- Lesson 05 - Biu Tze - Form
- Lesson 06 - Biu Tze - Advanced
- Lesson 07 - Mok Yan Chong (Wooden Dummy) - Form
- Lesson 08 - Mok Yan Chong (Wooden Dummy) - Advanced
- Lesson 09 - Mok Yan Chong (Wooden Dummy) - Combat Drills
- Lesson 10 - Mok Yan Chong (Wooden Dummy) - Chi Sao Pressure Training
- Lesson 11 - Footwork
- Lesson 12 - Lat Sao - Chinese Version Lat Sao 1-5
- Lesson 13 - Lat Sao - Chinese Version Lat Sao 6-10
- Lesson 14 - Spiral Power Development
- Lesson 15 - Combat Applications
- Lesson 16 - Levers (Joint Locks) For Security Work
- Lesson 17 - Methods For Sparring
- Lesson 18 - Dynamic Pak Sao Drills (2014 Version)
- Lesson 19 - Tripodial (Kicking Dummy)
- Lesson 20 - Multiple Opponents (Three vs One)
- Lesson 21 - Chi Sao - Dan Chi Sao (Single Hand Chi Sao)
- Lesson 22 - Chi Sao - Nuk Sao Program
- Lesson 23 - Chi Sao - Poon Sao (Rolling Hands) & Poon Sao & Dan Chi Sao With Knives
- Lesson 24 - Chi Sao - Body Mechanics and Connective Work
- Lesson 25 - Chi Sao - Global Chi Sao
- Lesson 26 - Chi Sao - Global vs Reactive Chi Sao
- Lesson 27 - Chi Sao - Reactivating Your Joints For Great Chi Sao Training
- Lesson 28 - Lat Sao - Western Lat Sao 1
- Lesson 29 - Lat Sao - Western Lat Sao 2 - with Knives
- Lesson 30 - Lat Sao - Western Lat Sao 3 - Elbow/Clinch Range
- Lesson 31 - Training with Focus Pads
- Lesson 32 - Training with the Wing Chun Belt
- Lesson 33 - Defense - Levers (Joint Locking)
- Lesson 34 - Defense - Street Fighting
- Lesson 35 - Defense - Legs and Chi Gerk
- Lesson 36 - Defense - Stick Defense - Basic
- Lesson 37 - Defense - Stick Defense - Advanced
- Lesson 38 - Complete Striking Program
- Lesson 39 - Sifu Fernandez's Personal Work Out
- Lesson 40 - Chi Sao - Pressure Training
- Lesson 41 - Chi Sao - Ground Chi Sao & Leg Chi Sao
- Lesson 42 - Chi Sao - 1st Section - Techniques
- Lesson 43 - Chi Sao - 1st Section - Jut/Shock Drills
- Lesson 44 - Chi Sao - 1st Section - Integration
- Lesson 45 - Chi Sao - 2nd Section - Techniques
- Lesson 46 - Chi Sao - 3rd Section - Techniques
- Lesson 47 - Chi Sao - 4th Section - Techniques
- Lesson 48 - Chi Sao - 5th Section - Techniques
- Lesson 49 - Chi Sao - 6th Section - Techniques
- Lesson 50 - Chi Sao - 7th Section - Techniques
- Lesson 51 - Chi Sao - 8th Section - Techniques
- Lesson 52 - The WingTchunDo Evolution
- Lesson 53 - Chi Sao - Biu Tze Chi Sao 1st Section
- Lesson 54 - Chi Sao - Biu Tze Chi Sao 2nd Section
- Lesson 55 - Chi Sao - Biu Tze Chi Sao 3rd Section
- Lesson 56 - Chi Sao - Biu Tze Chi Sao 4th Section
- Lesson 57 - Chi Sao - Connecting Chi Sao and Combat
- Lesson 58 - Long Pole - Exercises
- Lesson 59 - Long Pole - Form, Chi Quan (Sticky Pole), and Lat Quan
- Lesson 60 - Long Pole - Footwork
- Lesson 61 - Bart Chum Dao - Form Part 1
- Lesson 62 - Bart Chum Dao - Form Part 2
- Lesson 63 - Bart Chum Dao - Wooden Dummy
- Lesson 64 - Bart Chum Dao - Chi Sao
- Lesson 65 - Bart Chum Dao - Applications
- Lesson 66 - Bart Chum Dao - All the Forms with the Swords
- Lesson 67 - Conclusion - Becoming A Sifu
- Lesson 68 - Historical Archives

# WING CHUN UNIVERSITY®

## WORLD CLASS ONLINE TRAINING

### WingTchunDo Lessons in Grading Order\*

\*This is the *original grading structure* and is the order listed on all the videos. Sifu Fernandez has since changed the grades and lesson order for his *schools*. If you are interested, the new grading levels used in his *schools* are listed on the next page.

#### **GRADE: 01**

Lesson 00 - Introduction and Advice  
Lesson 01 - Siu Nim Tao - Form  
Lesson 11 - Footwork

#### **GRADE: 02**

Lesson 12 - Lat Sao - Chinese Version Lat Sao 1-5  
Lesson 13 - Lat Sao - Chinese Version Lat Sao 6-10

#### **GRADE: 03**

Lesson 03 - Chum Kiu - Form  
Lesson 21 - Chi Sao - Dan Chi Sao (Single Hand Chi Sao)

#### **GRADE: 04**

Lesson 19 - Tripodial (Kicking Dummy)  
Lesson 22 - Chi Sao - Nuk Sao Program

#### **GRADE: 05**

Lesson 14 - Spiral Power Development  
Lesson 24 - Chi Sao - Body Mechanics and Connective Work

#### **GRADE: 06**

Lesson 15 - Combat Applications  
Lesson 28 - Lat Sao - Western Lat Sao 1  
Lesson 29 - Lat Sao - Western Lat Sao 2 - with Knives

#### **GRADE: 07**

Lesson 16 - Levers (Joint Locks) For Security Work  
Lesson 17 - Methods For Sparring  
Lesson 30 - Lat Sao - Western Lat Sao 3 - Elbow/Clinch Range  
Lesson 35 - Defense - Legs and Chi Gerk

#### **GRADE: 08**

Lesson 23 - Chi Sao - Poon Sao (Rolling Hands) + Poon Sao & Dan Chi Sao With Knives  
Lesson 33 - Defense - Levers (Joint Locking)  
Lesson 38 - Complete Striking Program  
Lesson 39 - Sifu Fernandez's Personal Work Out

#### **GRADE: 09**

Lesson 18 - Dynamic Pak Sao Drills (2014 Version)  
Lesson 25 - Chi Sao - Global Chi Sao  
Lesson 31 - Training with Focus Pads  
Lesson 32 - Training with the Wing Chun Belt  
Lesson 34 - Defense - Street Fighting

#### **GRADE: 10**

Lesson 26 - Chi Sao - Global vs Reactive Chi Sao  
Lesson 27 - Chi Sao - Reactivating Your Joints For Great Chi Sao Training  
Lesson 42 - Chi Sao - 1st Section - Techniques

#### **GRADE: 11**

Lesson 02 - Siu Nim Tao - Advanced  
Lesson 04 - Chum Kiu - Advanced  
Lesson 36 - Defense - Stick Defense - Basic  
Lesson 37 - Defense - Stick Defense - Advanced  
Lesson 43 - Chi Sao - 1st Section - Jut (Shock) Drills

#### **GRADE: 12**

Lesson 20 - Multiple Opponents (Three vs One)  
Lesson 40 - Chi Sao - Pressure Training  
Lesson 41 - Chi Sao - Ground Chi Sao and Leg Chi Sao  
Lesson 44 - Chi Sao - 1st Section - Integration

#### **GRADE: 13 - 1st Instructor Level [1st Certificate Given]\***

Lesson 05 - Biu Tze - Form  
Lesson 07 - Mok Yan Chong (Wooden Dummy) - Form  
Lesson 09 - Mok Yan Chong (Wooden Dummy) - Combat Drills  
Lesson 45 - Chi Sao - 2nd Section - Techniques

#### **GRADE: 14 - 1st Sifu Level [2nd Certificate]\*\***

Lesson 06 - Biu Tze - Advanced  
Lesson 08 - Mok Yan Chong (Wooden Dummy) - Advanced  
Lesson 10 - Mok Yan Chong (Wooden Dummy) - Chi Sao Pressure Training  
Lesson 46 - Chi Sao - 3rd Section - Techniques  
Lesson 47 - Chi Sao - 4th Section - Techniques

#### **GRADE: 15 - 2nd Sifu Level [3rd Certificate]**

Lesson 48 - Chi Sao - 5th Section - Techniques  
Lesson 49 - Chi Sao - 6th Section - Techniques  
Lesson 50 - Chi Sao - 7th Section - Techniques

#### **GRADE: 16 - 3rd Sifu Level [4th Certificate]**

Lesson 51 - Chi Sao - 8th Section - Techniques  
Lesson 52 - The WingTchunDo Evolution  
Lesson 53 - Chi Sao - Biu Tze Chi Sao 1st Section - Techniques  
Lesson 54 - Chi Sao - Biu Tze Chi Sao 2nd Section - Techniques  
Lesson 58 - Long Pole - Exercises  
Lesson 59 - Long Pole - Form, Chi Quan, and Lat Quan

#### **GRADE: 17 - 1st Master Level [5th Certificate]**

Lesson 55 - Chi Sao - Biu Tze Chi Sao 3rd Section - Techniques  
Lesson 56 - Chi Sao - Biu Tze Chi Sao 4th Section - Techniques  
Lesson 57 - Chi Sao - Connecting Chi Sao and Combat  
Lesson 60 - Long Pole - Footwork

#### **GRADE: 18 - 2nd Master Level [6th Certificate]**

Lesson 61 - Bart Chum Dao - Form Part 1  
Lesson 62 - Bart Chum Dao - Form Part 2  
Lesson 63 - Bart Chum Dao - Wooden Dummy

#### **GRADE: 19 - 3rd and Final Master Level [7th Certificate]**

Lesson 64 - Bart Chum Dao - Chi Sao  
Lesson 65 - Bart Chum Dao - Applications  
Lesson 66 - Bart Chum Dao - All the Forms with the Swords  
Lesson 67 - Conclusion - Becoming A Sifu  
Lesson 68 - Historical Archives

\* Please note: Before the Grade 13 (1st) certificate can be obtained, all the previous grades must be completely tested and known by heart.

\*\* With every new level (from 14-19), the practitioner must remember and demonstrate all that he has learnt previously before earning a certificate.

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## WORLD CLASS ONLINE TRAINING

### WingTchunDo Lessons in Grading Order for *WTD Schools* (updated 2015)

#### **GRADE: 01**

Lesson 00 - Introduction and Advice  
Lesson 01 - Siu Nim Tao - Form  
Lesson 11 - Footwork

#### **GRADE: 02**

Lesson 12 - Lat Sao - Chinese Version Lat Sao 1-5  
Lesson 13 - Lat Sao - Chinese Version Lat Sao 6-10

#### **GRADE: 03**

Lesson 03 - Chum Kiu - Form  
Lesson 14 - Spiral Power Development  
Lesson 21 - Chi Sao - Dan Chi Sao (Single Hand Chi Sao)

#### **GRADE: 04**

Lesson 19 - Tripodial (Kicking Dummy)  
Lesson 22 - Chi Sao - Nuk Sao Program  
Lesson 28 - Lat Sao - Western Lat Sao 1

#### **GRADE: 05**

Lesson 16 - Levers (Joint Locks) For Security Work  
Lesson 24 - Chi Sao - Body Mechanics and Connective Work  
Lesson 29 - Lat Sao - Western Lat Sao 2 - with Knives

#### **GRADE: 06**

Lesson 15 - Combat Applications  
Lesson 17 - Methods For Sparring  
Lesson 31 - Training with Focus Pads  
Lesson 38 - Complete Striking Program

#### **GRADE: 07**

Lesson 23 - Chi Sao - Poon Sao (Rolling Hands) + Poon Sao  
& Dan Chi Sao With Knives  
Lesson 30 - Lat Sao - Western Lat Sao 3 - Elbow/Clinch Range  
Lesson 35 - Defense - Legs and Chi Gerk

#### **GRADE: 08**

Lesson 18 - Dynamic Pak Sao Drills (2014 Version)  
Lesson 33 - Defense - Levers (Joint Locking)  
Lesson 39 - Sifu Fernandez's Personal Work Out

#### **GRADE: 09**

Lesson 25 - Chi Sao - Global Chi Sao  
Lesson 26 - Chi Sao - Global vs Reactive Chi Sao  
Lesson 32 - Training with the Wing Chun Belt

#### **GRADE: 10**

Lesson 27 - Chi Sao - Reactivating Your Joints For Great  
Chi Sao Training  
Lesson 34 - Defense - Street Fighting  
Lesson 42 - Chi Sao - 1st Section - Techniques

#### **GRADE: 11**

Lesson 36 - Defense - Stick Defense - Basic  
Lesson 37 - Defense - Stick Defense - Advanced  
Lesson 40 - Chi Sao - Pressure Training  
Lesson 43 - Chi Sao - 1st Section - Jut (Shock) Drills

#### **GRADE: 12**

Lesson 02 - Siu Nim Tao - Advanced  
Lesson 20 - Multiple Opponents (Three vs One)  
Lesson 41 - Chi Sao - Ground Chi Sao and Leg Chi Sao  
Lesson 44 - Chi Sao - 1st Section - Integration

#### **GRADE: 13 - 1st Instructor Level [1st Certificate Given]**

Lesson 04 - Chum Kiu - Advanced  
Lesson 05 - Biu Tze - Form  
Lesson 07 - Mok Yan Chong (Wooden Dummy) - Form  
Lesson 45 - Chi Sao - 2nd Section - Techniques

#### **GRADE: 14 - 1st Sifu Level [2nd Certificate]**

Lesson 06 - Biu Tze - Advanced  
Lesson 09 - Mok Yan Chong (Wooden Dummy) - Combat Drills  
Lesson 46 - Chi Sao - 3rd Section - Techniques  
Lesson 47 - Chi Sao - 4th Section - Techniques

#### **GRADE: 15 - 2nd Sifu Level [3rd Certificate]**

Lesson 08 - Mok Yan Chong (Wooden Dummy) - Advanced  
Lesson 48 - Chi Sao - 5th Section - Techniques  
Lesson 49 - Chi Sao - 6th Section - Techniques  
Lesson 50 - Chi Sao - 7th Section - Techniques

#### **GRADE: 16 - 3rd Sifu Level [4th Certificate]**

Lesson 51 - Chi Sao - 8th Section - Techniques  
Lesson 52 - The WingTchunDo Evolution  
Lesson 53 - Chi Sao - Biu Tze Chi Sao 1st Section - Techniques  
Lesson 54 - Chi Sao - Biu Tze Chi Sao 2nd Section - Techniques

#### **GRADE: 17 - 1st Master Level [5th Certificate]**

Lesson 55 - Chi Sao - Biu Tze Chi Sao 3rd Section - Techniques  
Lesson 56 - Chi Sao - Biu Tze Chi Sao 4th Section - Techniques  
Lesson 57 - Chi Sao - Connecting Chi Sao and Combat

#### **GRADE: 18 - 2nd Master Level [6th Certificate]**

Lesson 10 - Mok Yan Chong (Wooden Dummy) - Chi Sao  
Pressure Training  
Lesson 58 - Long Pole - Exercises  
Lesson 59 - Long Pole - Form, Chi Quan, and Lat Quan  
Lesson 60 - Long Pole - Footwork

#### **GRADE: 19 - 3rd Master Level [7th Certificate]**

Lesson 61 - Bart Chum Dao - Form Part 1  
Lesson 62 - Bart Chum Dao - Form Part 2  
Lesson 63 - Bart Chum Dao - Wooden Dummy

#### **GRADE: 20 - 4th and Final Master Level [8th Certificate]**

Lesson 64 - Bart Chum Dao - Chi Sao  
Lesson 65 - Bart Chum Dao - Applications  
Lesson 66 - Bart Chum Dao - All the Forms with the Swords  
Lesson 67 - Conclusion - Becoming A Sifu  
Lesson 68 - Historical Archives

# WING CHUN UNIVERSITY®

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## My Promise to You

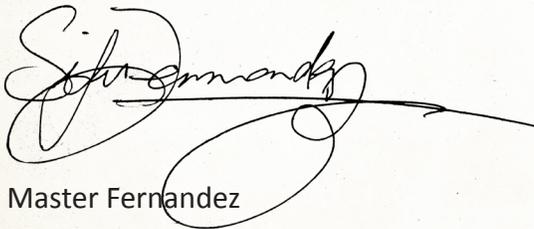
WingTchunDo is always growing and evolving. Therefore:

- I will endeavour to put any new relevant information or new training methods into the WingTchunDo university course for you.
- I will always do my best to keep you updated on any changes to the lessons or system.
- I will offer free training advice on my YouTube channel (especially for you, my students).

Once you have completed the certification you have understood the roots of WingTchunDo. All new information is for personal growth and not necessary to obtain higher grading levels.

I sincerely hope to see WingTchunDo blossom throughout the world and I am always eager to work with upcoming instructors. All the best and good luck to you!

Your Sifu,



Master Fernandez