

# WING CHUN KUNG-FU

*MASS Martial Arts Academy*

*Practical Self-Protection and Life-Skills Center*

*Yorktown, Virginia (757) 846-1188*

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Chief Instructor/Founder: *(SI-FU) Tony Massengill*

## WHY WING CHUN?

**REASON #1: BRUCE LEE'S Teacher WAS  
WING CHUN GRANDMASTER Ip Man!**



(Ip Man, with Bruce Lee: Hong Kong, 1955 / Check out the **Ip Man Movie** Available at Video Departments EVERYWHERE!)

*Wing Chun Kung Fu* is arguably the most effective and complete form of self-defense in the world.

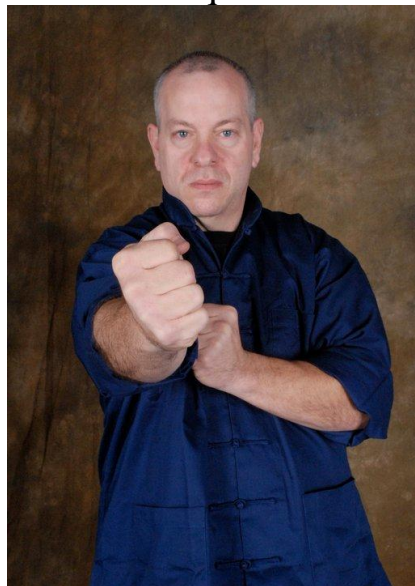
It has a very simple, yet complex array of techniques, training methods, fighting strategies, and guiding principles. It is on one hand, fluid and graceful, and on the other, direct and explosive. And, for its full application, the practitioner must learn to possess the *Mind, Body & Spirit of a Warrior* in and *out* of the Martial Art school.

*Bruce Lee* knew this, because he studied intensively with Wing Chun Kung Fu Grandmaster *Ip Man*.



(Grandmaster Ip Man with his sons, Ip Chun and Ip Ching)

Grandmaster Ip Man lived on to become a true living legend in the martial arts world and taught his method to his two sons, Ip Chun and Ip Ching. Who in turn taught their Senior Disciple, Master Samuel Kwok. MASS Martial Arts founder and chief Instructor, **Master Tony Massengill**, now teaches this dynamic system as passed directly to him through Ip Man's sons and Samuel Kwok. Sifu Massengill's home base is the Ip Man Wing Chun Union headquarters : MASS Martial Arts in Yorktown, Va.



(Si-Fu Massengill: Some of his Numerous Books and Articles!)

**Si-Fu Tony Massengill** is currently one of the world's leading authorities on Wing Chun and is recognized as one of its best instructors, having trained, taught and demonstrated the art in China, Hong Kong as well as here in the United States.

Si-Fu Massengill is also a writer, with three books currently on the market as well as numerous articles written for the major Martial Arts magazines. He is also a public speaker and has applied the principles and benefits of Wing Chun far beyond its success in the Academy and on the street.

**Mass Martial Arts** is dedicated to the *Process of Mastery* of Wing Chun, and as a result, mastery of *Ourselves* .

This is a culture of *Focus, Discipline, and Respect*, and provides a customized, dynamic and unique training environment\* to enhance your Learning Experience!



**Welcome to the  
Experience of Mastery!  
Welcome to Wing Chun!**

Life is full of pitfalls, trials, tribulations & adversities. Day to day, one never knows what we are going to be “hit” with. Wing Chun/Chinese Boxing creates a Mind, Body, Spirit *readiness* , whether in the school, in a *dangerous street encounter* , a professional (sports) *playing field*, in the boardroom, driving down 64, or interacting with your child.

In addition, the Principles and Techniques that you will learn *will improve your focus, discipline, physical fitness, coordination, reflexes, balance, confidence. stress management, and more.* In the end, you will learn to find your center and your calm in the heat of *pressure*.

(Just ask actor **Robert Downey Jr.** who has used his training in Wing Chun to *literally* turn his life around...)



*“I can’t even describe how much Wing Chun has impacted my ability to stay well and focused. It has changed my life.”*

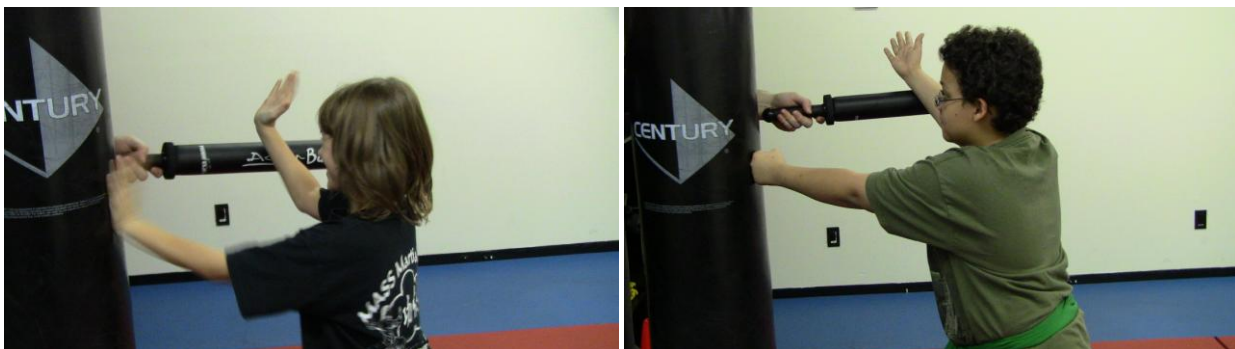
(Actor Robert Downey, Jr )

(Robert Downey Jr. Men’s Journal Cover)

One of Wing Chun’s Founding Masters was a **woman**, a Shaolin nun. She influenced the art tremendously by incorporating the principle of **“not fighting force with force.”** You will learn how to *overcome adversity with greater ease* through the use of this principle, again, both *in and out of the Academy*.

Furthermore, the *meditation* practices the monks used to prepare themselves for martial arts are also utilized in our program. These simple practices help simultaneously *focus and calm* you, better establishing a *Mindset for Mastery*, whatever the task.

Wing Chun is *ideal for men and women alike*. And, in addition to our **Adult Programs**, we also have dynamic **Children’s & Family Programs** (ages 4 & up).



It is our mission to teach each and every student that a **Black Sash** is more than a distant objective – it is an *attitude*; one that begins now, and is taken into *every action, every relationship, and every goal*. That is the *Warrior Spirit to engage each moment with confidence and grace*.

As Bruce, himself, stated so eloquently in the quintessential martial arts movie, *Enter the Dragon*, (Wing Chun) is “the art of *Fighting Without Fighting*”

## ***THE FIRST STEP:***

Don't take our word for it – come experience it yourself! Join us for a *complimentary trial class* as a guest of the Academy!

Sample a **FREE** Basic Training class:



(Si-fu Massengill works with a Basic Training student)

See the Academy, tour our training facility, then participate in a *dynamic, challenging, mental and physical experience*.

You will sample the building blocks of the Wing Chun system: its *footwork, block and strike combos, unique and effective kicking methods, principles, strategies and conditioning* – all at *your* pace and ability. And, you will encounter the *dynamic energy* of the **Academy**, our *Instructors*, and our *Students*.

All around you may be others that appear far more advanced than you. However, most of them were in your shoes **JUST days or weeks ago, not years...**

The Instructor will guide you through your class, which will take about an hour. Then, afterwards, the instructor will sit down with you, talk about your experience, explain the programs in full detail, and how to get started.

And remember: if you are a *beginner*, it is a process, true change does not happen overnight (although it starts with your *attitude*, and that you *can* change overnight) – be patient with yourself. If you have *skills and experience*, then you will truly appreciate Wing Chun’s *effectiveness, practicality, fluidity, and speed*.

*What you’ll need:*

We recommend you wear black sweats and a black T-shirt (as close to it as you have), and bring a sweat towel, bottle of water, athletic shoes, and a form of payment, just in case.

*When?*

*Basic Training* classes are held on:

Monday: 7:30 pm

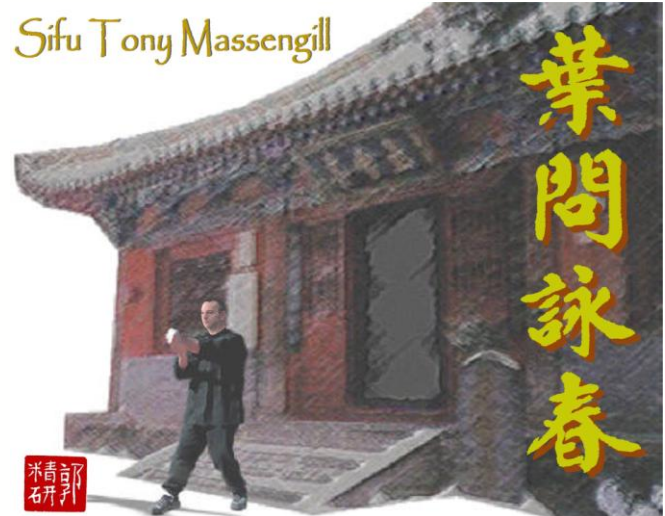
Thursday: 7:30 pm

Call for Children and Youth Class  
Schedule!  
**(757) 846-1188**

We do work by **appointment only**, so pick a day & time and call us now at **(757) 846-1188**, or, e-mail us at [efficientwarrior@yahoo.com](mailto:efficientwarrior@yahoo.com) to schedule your first step into a larger world...



# ACADEMY PROGRAMS

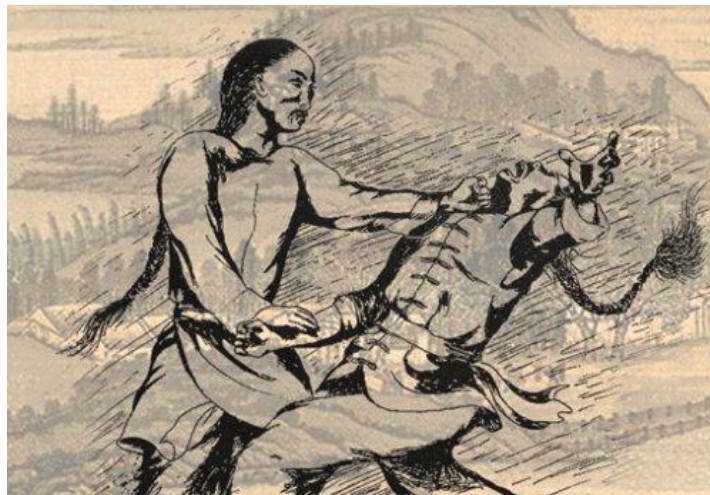


Wing Chun is a very deep well, so to speak. We have a wide variety of training methods, ranging from various levels of *hand to hand self-defense*, *weapons*, *empty hand vs. weapons*, *sparring*, *reflex development* and *conditioning*.

We also have an array of training aids, such as *heavy bags*, *focus mitts*, *kicking shields*, *modern and traditional weaponry*, *speed bags*, varieties of Wing Chun **Wooden Dummies** – ingenious, “interactive” wooden opponents, once unique to Wing Chun – and, for the particularly brave, a set of “*iron palm*” training bags for conditioning the bones in the hands...

In its entirety, Wing Chun encompasses *footwork*, *blocks and strikes*, *kicks*, *sweeps & takedowns*, *locks & holds*, *pressure point attacks*, *knees*, *elbows*, *weapons*, *Chi Gung* (breathing exercises), *3 empty hand forms*, *the Wooden Dummy form & applications*, *contact reflex training* (known as “*Chi Sao*”), *light to full contact sparring*, *grappling & anti-grappling*, and *conditioning*.

We can guide you from absolute beginner, all the way through to becoming a martial master or a professional martial arts instructor.



**From the Warriors of the Past....To The Master of the Future  
YOU!**

However, *not everyone is ready to embrace the full scope of the Wing Chun system all at once*. Therefore, the system has been broken up into **5 Elemental Programs**, with varying degrees of commitment, access to the system, its training methods, and levels of intensity:

### **1) Basic Training: Red Sash Program**

Our introductory program. It is a 6 month program, designed to introduce you to *the basics of Wing Chun: mentally, physically and philosophically*. The curriculum is from beginner to red sash.

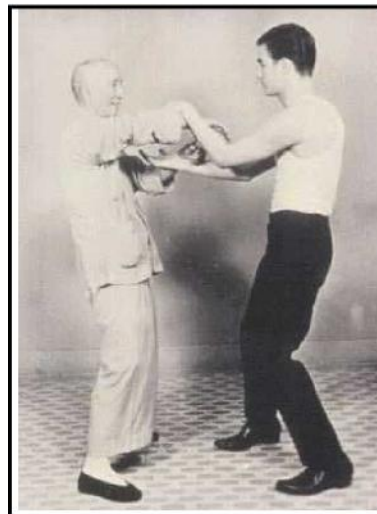
Typically, you are training with us once or twice per week, attending the *Basic classes only*.

You are like a *guest*, visiting our art form, experiencing the various classes and training methods, to see if it really makes sense for you to *set larger and longer training goals, have more access to the system, its training methods, and become part of its powerful lineage and history...*

It also allows our Instructors to assess you to *see what kind of student you will make*. We work very hard to ensure the *safest, most dynamic environment possible*. In order to do that, we demand the *highest level of focus and respect* from every student.

**Not every student who completes our Introductory Program will be invited to become a member of the academy. Only individuals with the above listed qualities will be accepted into our Full, Intensive Training Programs.**

*(Wing Chun's "Chi Sao" with the late Grandmaster Yip Man and Bruce Lee, circa 1963)*





## 2) **Green Sash Program** (GSP):

Our Primary program. This is a dynamic, 12 month program, engineered to shape you into a wing chun **Green Sash** *with all the mental & physical benefits that go with it.*

Includes beginner level *sparring*, beginner level *wooden dummy*, Street MMA (mixed martial arts) training, beginner level Lop Sao and *Chi Sao*, and Wing Chun's dynamic second form: *Chum Kiu*.

You are allowed up to 3 Classes per week.

*Even as a beginner*, you are now accessing another level and scope of the Wing Chun system (*sparring, Chi Sao, Wooden Dummy, Street MMA, etc.*), and have set firm, and more long-term goals on the path to self-mastery.

**(By way of comparison, this is approximately the level of Wing Chun training that Bruce Lee was exposed to!)**

## 3) **Brown Sash Program** (BSP): **Beyond Bruce Lee!**

Our Intermediate program. This is a dynamic, 24 month program, designed to shape you into a Wing Chun **Brown Sash** *with all the mental & physical benefits that go with it.*

Includes intermediate level *sparring*, intermediate *wooden dummy*, Street MMA (mixed martial arts) training, intermediate Lop Sao and *Chi Sao*, and *Wing Chun's legendary Biu Jee (pressure point attacks)*

You are allowed up to 5 Classes per week.

*Even as a beginner*, you are now accessing another level and scope of the wing chun system (*sparring, Chi Sao, Wooden Dummy, Street MMA, etc.*), and have set firm, and more long-term goals on the path to self-mastery.

#### **4) Black Sash Program (BlkSP):**

The *heart and soul* of the Wing Chun Academy. This is a 36 month, all access pass to the Wing Chun Kung Fu *Chinese Boxing* system. It includes *advanced sparring, complete Strategy and Concepts, complete Wooden Dummy curriculum, advanced Chi Sao, Chin Na – Chinese Grappling, all Black Sash, Brown Sash, and Basic classes, with 7 Classes per week.*

You have now embraced the Wing Chun system beyond a hobby – it has become a philosophical *way of life*. You are devoted to the ongoing process of *Self-Mastery*.

Even as a beginner to intermediate student in this program, and you are attending Up To 7 classes per week, you have the *full range of Empty-Hand curriculum, training, and specialty classes* to choose from each week, with a variety of *times* to choose, as well.

And, *Sifu Massengill personally oversees this program* – upon joining, you will be treated as the future *Black Sash* you are going to become.

Whether professional instructor or not, you will possess professional levels *skills*, with benefits that will stay with you for a lifetime.

***MIND, BODY & SPIRIT***

## 5) Certified Instructor Training (CIT) – the Master’s Path:

Our professional Martial Vocation training program. **BY INVITATION ONLY!**

Must be intermediate level or above to be considered.

Program trains through Certified Instructor status, and includes the full *pressure point attacking and healing systems*, the *Dragon Pole (Wing Chun staff)*, and *Butterfly Sword forms & applications*, and the infamous *Iron Palm Training*.

This is it – **Everything** Wing Chun has to offer.

This program **also includes Business Training and support**, once certified. **Ask about our *EARN AS YOU LEARN* program!**

And we’ll cross this bridge when we come to it...

**\* NOTE: Our programs are all rank based, not time based.**

### What does that mean?

For example, if you don’t reach the rank of *Black Sash* in three years (your payment program and your goal), you will continue to train until you reach your rank, even if takes longer than three years. But *you will not pay* longer than 36 months.

So, if your schedule is erratic, out of town, work in the Military, Public Safety, work from project to project; as long as you pay your tuition, follow the Academy’s protocol, and never, ever quit – *you will reach your goal*.

**Remember: a *Black Sash* is a white sash that kept on going...**



Master Massengill with Grandmaster Ip Ching in  
Hong Kong 2005

“Anyone who says “there are no secrets” haven’t trained with the Chinese Masters!

What I have learned from my opportunity to train with my Sifu, Samuel Kwok and with his teachers, my Sigungs (Kung Fu Grandfathers), Ip Chun and Ip Ching, the sons of Bruce Lee’s teacher, the legendary Grandmaster Ip Man, is unbelievable!

It is such an honor to be able to pass this knowledge on to the next generation of masters and keep the legacy and heritage of IP MAN WING CHUN ALIVE!”

-Master Massengill