

Practice Diligently

Get the most out of your Academy membership; Train consistently with passion and patience to develop your knowledge and skills; Work on material¹ that has been taught to you by qualified Instructors; Ask questions after you have first attempted² for yourself

Be Courteous

Refer to all of your Instructors by their appropriate titles³ (e.g., Sifu⁴, Sihing⁵, Sije⁶); Bow and salute⁷ at the beginning and ending of each class; Express thanks after receiving instruction and getting corrections; Do not use loud, offensive, or abusive language

Play Safe

Unsupervised training is not permitted before, during, or after class; Do not contact the groin or eyes; Show focus and control at all times to prevent careless accidents; Skip class and events when you are sick or hurt

Dress Properly

Wear a complete and tidy IAW Uniform⁸ (i.e., Shirt and Pants); Sew your current Student Level emblem⁹ onto your left sleeve; Remove all accessories (e.g., rings, necklaces, bracelets, watches) to prevent injury to yourself and others; Put on appropriate protective gear (e.g., groin, chest, shin, knee, elbow); Always change into suitable shoes¹⁰

Keep Clean

Maintain your appearance in a hygienic condition; Avoid use of strong perfumes or fragrances; Cover any open wounds and skin problems; Trim and file your nails regularly; Do not participate while under the influence of drugs, alcohol, or medications which impair your senses and awareness

Stay Prompt

Arrive on time to prepare and warm-up; If late, enter quietly without disturbing the class; Notify the Instructor whenever you plan to leave early

Take Responsibility

Introduce all guests¹¹ to the Instructor before class starts; Make newcomers feel comfortable and welcome¹²; Offer help to classmates and Instructors

Respect Differences

Do not falsely criticize other schools, styles, or practitioners; Abstain from making representative statements on behalf of the IAW or its Instructors; Treat your fellow students and any visitors fairly and kindly

Value WingChun

Apply WingChun only when absolutely necessary¹³ (i.e., in emergencies); Do not teach WingChun without an official Degree Certification¹⁴ and IAW approval; Enjoy, but never misuse, WingChun; Do your best to learn

ADDITIONAL NOTES

Note that the above is subject to change at any time, so refer to our website www.IAW-US.com for the latest info. Please read additional details below.

¹Exercise your current and previous Student Levels with fellow students

²Gain first-hand experience by directly feeling and actually doing

³Titles simply designate specific roles, responsibilities, and relationships

⁴Sifu: A Master Instructor of WingChun

⁵Sihing: A male Certified Instructor of WingChun

⁶Sije: A female Certified Instructor of WingChun

⁷Salute: Place left palm and right fist together in front of heart

⁸Uniform: Request items from the IAW-US Headquarters

⁹Emblem: Receive after WingChun Seminar testing graduations

¹⁰Shoes: Refrain from street shoes with marking soles

¹¹Guests: Invite and inform friends, partners, coworkers, and family

¹²The IAW is open to all who are intent to learn the WingChun system

¹³Abide by all local and federal Self-Defense laws and ordinances

¹⁴Attain requirements through IAW professional training programs