

## WING CHUN TOUR OF CHINA 2010

**I**t was a great honour and an amazing experience to receive Traditional Wing Chun teachings and to feel the energy that has been accumulated for centuries on the grounds where the martial arts genesis occurred, the Shaolin Temple. The Shaolin Temple probably was the most exciting event of the *Traditional Wing Chun China Tour 2010*.

In the heart of the Shaolin Temple, Pagoda Forest, where hundreds of Pagodas were built as a tribute to each monk for their contribution to the development of martial arts, we were privileged to practise Wing Chun.

Traditional Wing Chun academy, *CHUEN London* was delighted to participate in such an event organized by the *World Wing Chun Kung Fu Association* and had the great honour of learning Wing Chun from the Grandmaster William Cheung for fourteen days.

The tour began in Beijing by visiting the Forbidden City, followed by a long walk on the Great Wall, where special training was conducted by the Grandmaster himself. Later on, after visiting the Temple of Heaven in the centre of the capital, we visited the tombs of the most respected, successful and famous, Ming dynasty - our last stop in

the capital before we flew to Deng Feng in the Henan province to visit the sanctuary of the Chinese martial arts, Shaolin Temple.

We enjoyed the Henan province and continued our tour to Zhejiang Province and one of the six historic capitals of China during the Song dynasty, beautiful Hangzhou. Two days were not enough to explore city's vast culture, but we were delighted to see Long Jing village (famous tea plantation of the Dragon Well tea or Long Jing), we had a cruise on the West Lake to visit the famous General Yue Fei Temple and to pay a visit to the Taoist temple, Bao Pu, situated on the top of the hill overlooking the West Lake and the city of Hangzhou.

Continuing our journey and being very content what we have seen, we were even more impressed by the stunning scenery of the An Hui province and Huan Shan city. Across the An Hui province are widely spread peaks of the extraordinary and unique Yellow Mountains. Walking seven kilometres [or rather climbing the stairs] we took advantage to admire the beauty of the mountain and remote seclusion embraced with silence.

Enjoying and admiring the nature, beauty and tranquillity, we took advantage to train



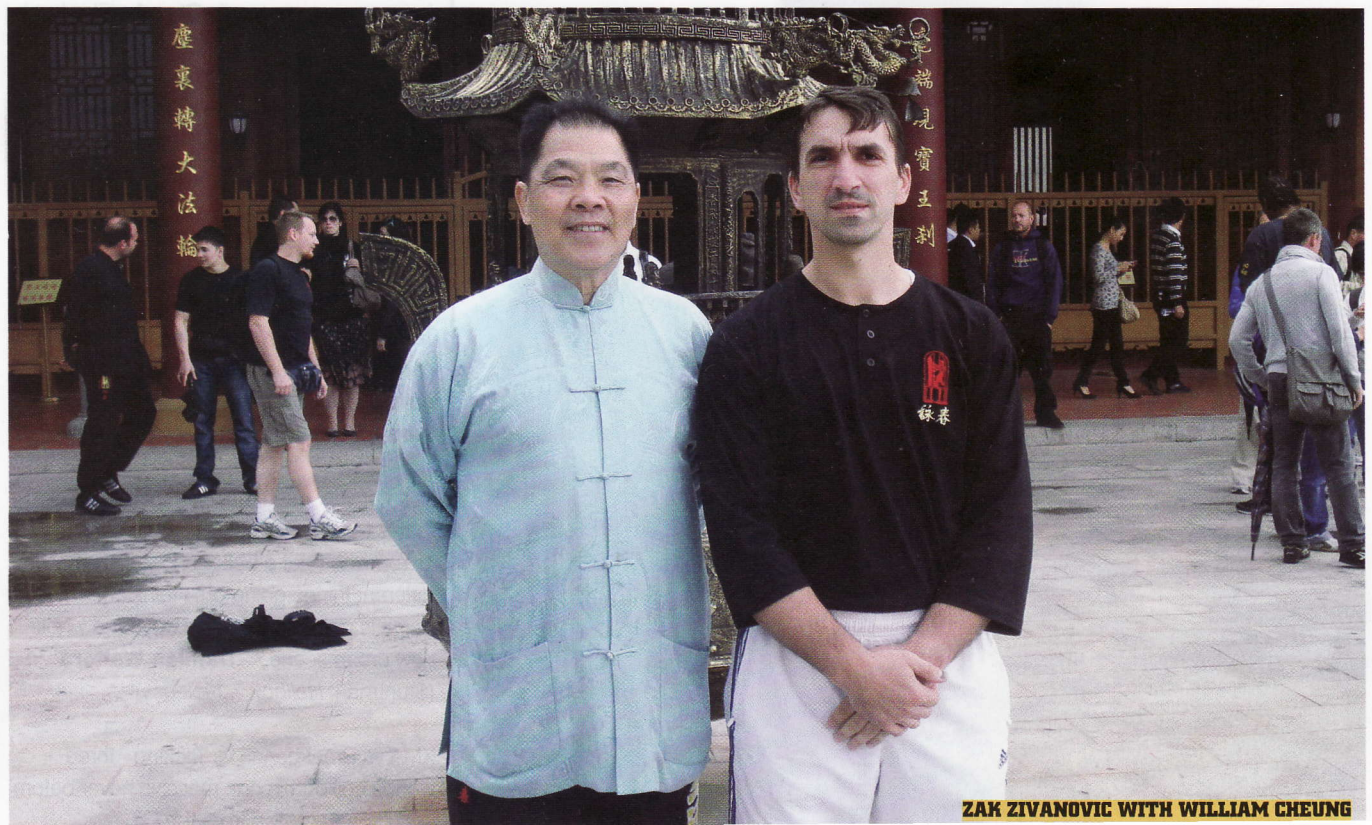
and expand our lungs with full capacity, using a moment of isolation from the modern civilization and distractions.

Although feeling little tired and full of impression, this was not the end. Our journey took us to Fu Zhou, Fujian province, and the Southern Shaolin Temple, where we experienced a new excitement courtesy of the magnificent skills and performance of the monks and meeting the Abbot of the temple.

We thought that our journey was over and that the stay in Hong Kong will be more relaxing... Unexpectedly, an opportunity appeared to visit the Grandmaster Yip Man's tomb. This surprise was the most touching moment and, at the same time, a great honour to spare some moments in remembrance of our legendary Grandmaster, who we are very grateful to.

The *China Tour 2010* was an unforgettable experience which we will all remember... and I believe it should motivate us to keep nourishing this wonderful art and encourage us to further cultivate it in remembrance of our ancestors who lived their lives for its development...

**SIFU ZAK ZIVANOVIC**



**ZAK ZIVANOVIC WITH WILLIAM CHEUNG**