



1: Master Lok Yiu with his two sons Master Lok Keng Sang, Master Lok Keng Kwong and Master Wilhelm Blech (ca. 1992)

„Balance and power“ was the title of the recent seminar of the ELYWCIMAA e.V.. From the 3rd to 4th of March 2018 the seminar took place in Namborn, the new headquarter of the ELYWCIMAA.

The aim of this *extended report* is not only to refer to the seminar but also to give a brief update of the ELYWCIMAA e.V. before and especially since the far to early death of Master Wilhelm Blech 2012. Thank you Si-Gung for your lifework, the bridge to the family Lok and the headstone of the ELYWCIMAA – in short: the possibility to learn Lok Yiu Wing Chun.

### Brief Update of the ELYWCIMAA e.V.:

Master Wilhelm Blech (1952-2012) also named *Wei Lam* by his Si-Fu Master Lok Yiu (1922-2006) and Master Loks sons Master Lok Keng Kwong and Master Lok Keng Sang. Master Wilhelm Blech was the first and only Non-Chinese disciple and European representative of Lok Yiu Wing Chun. For this purpose he founded the European Lok Yiu Wing Chun International Martial Art Association



2: Group photo from the tea ceremony: Master Si-Fu Wilhelm Blech (sitting on a chair in the middle of the picture) with his To-Dais and founding members of the ELYWCIMAA e.V. (2011)

(ELYWCIMAA)<sup>1</sup>. Master Wilhelm Blech's legacy and the ELYWCIMAA continues after his death with and by his direct students and their narrow bond and connection to the Masters in Hong Kong: Master Lok Keng Kwong, Master Lok Keng Sang and Si-Hing Benny Chung.

Since the last seminar and its report<sup>2</sup>, the labors within the headquarter, a former restaurant in Namborn, are far more advanced and almost completed:



3: Master Lok Keng Kwong, Master Lok Keng Sang and Si-Hing Benny Chung with a group of direct students of Master Si-Fu Wilhelm Blech (2014)

Installed *mok*

*jongs*, mirrors in the training room, a full operational bar desk, pictures and all sorts of items and memories of the old headquarter in Ottweiler run by Master Wilhelm Blech.

And now with the new headquarter and its atmosphere the continuity of the ELYWCIMAA e.V. is visible, especially (also) for all the members of the second and third generation in Europe and the USA. And with every seminar again more experienceable and more present. Now the ELYWCIMAA has a new home and training site. Thank you everyone who helped and led this come true like my Si-Fu Peter Steiner.

<sup>1</sup> See for an overview and details Insider 1-7, the former magazines of the association; especially Insider, number 3, page 3-6. .pdf-copies of the Insider 1-7 you can get for free on the website of the ELYWCIMAA: <http://www.elywcimaa.com/lok-yiu-wing-chun/index.php/de/organisation/verbandsmagazin-insider>

<sup>2</sup> The last seminar of the ELYWCIMAA e.V. in October 2017 was the first in the new headquarter with Si-Fu Petr Kozar and Si-Fu Kamil Komm. For the report by Marcel Meyer, see: <https://kampfkunstkultur.ch/bericht-seminar-namborn-2017-marcel-meyer/>

**Report of the Seminar:**

Around 35 practitioners from different European countries gathered in Namborn for the seminar „balance and power“ and did a lot of exercises during two days under guidance of Si-Fu Gerhard Niclas and Si-Fu Sven Dittrich. They were both direct students of Master Wilhelm Blech and are members of the directorate and management board of the ELYWCIMAA e.V.. The seminar language was English and of course some Cantonese.



4: Installed mok jong in the training room of the new headquarter in Namborn

„Balance“ and „power“ are two abstract terms and advanced key concepts of Lok Yiu Wing Chun, probably the core concepts at all that makes Lok Yiu Wing Chun an inner Kung Fu style. Non the less the



5: Si-Fu Sven Dittrich and Si-Fu Gerhard Niclas demonstrating an exercise out of quan sao (3.3.2018)

seminar was not theoretical but practical: With the exercises the 35 students could more and more experience, what „balance“ and „power“ could mean and be about. They could realise the importance of a good stance as it should be practiced since the *siu lim tao*. And they could experience the importance of the elbow under contact like in *chi sao* in order to be stable and generate power without doing it by muscle power.

As long as the practioners are more or less equally trained balance and power are in equilibrium and not seen by the eye of an observer. Reason: an observer needs something detectable by his eyes: he needs to see for examples clues like unwanted steps or uncontrolled movements in order to

redress the balance. The bodily experience (of feeling balance and power) remains hidden inside each and everyone while practicing Lok Yiu Wing Chun under contact.

This hidden qualities and key concepts of Lok Yiu Wing Chun are also an important reason why videos or picture are regarded useless for demonstrating or teaching Lok Yiu Wing Chun – you simply can't show what really is going on in the contact situations. This and a lot of other topics (Lok Yiu Wing Chun related or personal) were discussed Saturday evening during the traditional dinner together after the first day of a seminar.

On the second day like on the first, Si-Fu Sven Dittrich and Si-Fu Gerhard Niclas demonstrated and



6: Si-Fu Sven Dittrich and Si-Fu Gerhard Niclas demonstrating an exercise for the elbow (power) (4.3.2018)

explained from time to time a knew exercise or gave a new or additional input. They completed each and other with their different styles of teaching and this led to a full view including both: the big lines and some important details: The importance of stance and elbow was already mentioned. Likewise there were: train *fong song* and not too fast in order to be able to feel the magnitude and direction of the power. And then and perhaps most importantly (although unliked) to allow, even provoke losing balance in order to find out at what point the instability begins and by what it could be regained or safed. Or on the other side at what point the application (of the principle) *lat sao check chun* is possible.

Those participants who „crossed hands“, e.g. doing some *chi-sao* with Si-Fu Sven Dittrich or Si-Fu Gerhard Niclas experienced the extent of their balance and power: full stability by them versus on your side: loss of control from the first contact and movement

on if they wanted it. And no chance to avoid their hits again if they wanted it. Very small movements opened them little gaps that felt like wide gates you could not close enough quickly or at all. And here an unwanted step and there an unintended movement. Impressive!

From the beginning to the end Si-Fu Sven Dittrich and Si-Fu Gerhard Niclas created a friendly and humorous atmosphere in which the participants supported each and other for example by avoiding any kind of competitive training behavior. Everybody began to understand that competitive behavior disables to feel what is going on in the situations of contact, especially if the training aim lies on balance and power.

After two days of training there remained no questions except about the organisation of the upcoming seminars with Master Lok Keng Kwong. The answers were simple: Wait, your Si-Fu will contact you.

At the same time everybody at any level knew: incorporating balance and power – what we practiced during the seminar is only a beginning and a never ending (love) story.

Tired as well as happy and excited the participants began their return trips to destinies in some cases far away from Namborn - the participants returned to Italy, Croatia, Switzerland or Germany like Hamburg, Cologne or Freiburg.

Thank you very much, Si-Ba Sven and Si-Ba Gerhard!

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耀  
詠  
春  
Yours Marcel Meyer,  
To-Dai of Sifu Peter Steiner,  
Instructor II in training



*7: Si-Fu Sven Dittrich and Si-Fu Gerhard Niclas and the participants of the seminar in Namborn, the new headquarter of the ELYWCIMAA (4.3.2018)*

**Usage of photo-material:**

Especially picture 1-3: approved and authorised by Si-Fu Peter Steiner (Switzerland), directorate and management board member of the ELYWCIMAA e.V..