



**MINDFUL
WING CHUN**

Mindful Wing Chun Instructor Pathway



Sifu Nima King

Prologue: Transmission



“This art is transmitted through more than hands. When you embody its clarity, the signal can be received through word, screen, or silence—because what’s true travels.”

— Nima King

THE AWAKENING

I never meant to become an instructor.

The first time I touched hands with Grandmaster Chu Shong Tin’s, I thought I understood Wing Chun. I’d seen his videos. I’d trained for years. Been in street fights as a nightclub doorman. I thought power meant strength, skill meant sweat.

Then, in a crowded Sydney seminar, CST invited me to stop him from moving his arm downward. He smiled, a gentle, almost mischievous look, and moved. Instantly, my whole body sunk towards the floor, as if the floor itself had become water. No force, no tension. Just structure, clarity, and a kind of presence that undid everything I thought I knew.

In that moment, I knew: whatever he had, I needed to understand.

I told myself, “I’ll go to Hong Kong. I’ll train with him for three months, just enough to learn the secret.”

Three months became nearly a decade.

TRANSMISSION IN MOTION

Those years were not easy. I arrived in Hong Kong young, stubborn, and poor. My Cantonese was non-existent. The city was loud, the food was unfamiliar, and some nights I went to bed hungry while thinking, “Is this really worth it?”

But every day at CST’s apartment, everything made sense again. He would start class with tea and sometimes stories about the earlier days in Hong Kong, moving slowly, letting the room fill with a kind of quiet energy. Training was never about drilling forms for hours. It was about touch, his hand on your shoulder, a gentle nudge at the spine, a single word: “Release.”

Sometimes he’d tap my arm and say, “You’re still pushing. Let the mind move, not the muscle.”

I’d nod, frustrated, and try again. Over and over, until something clicked, not in my technique, but in my mind.

That’s how the transmission worked: it wasn’t just taught, it was *caught*, passed through feeling, through presence, through every subtle correction.

There were nights I doubted myself. Nights I wondered if I’d ever understand. But every time I thought about quitting, I remembered that first sensation, the effortless force, the gentle clarity. And I burned to feel it again, to *give* it to others. Because CST never taught for ego. He taught so that the art would survive, through us.

THE CALL FORWARD

Years later, as my understanding deepened, so did my sense of responsibility. It wasn’t enough to master the forms. I wanted to ensure the lineage lived, not as words or certificates, but as living experience, hand to hand.

That’s why Mindful Wing Chun was born, not as a business, but as a bridge. A way to pass on what was given to me. Every class, every student, every touch is a thread connecting us back to CST, and forward to those who will carry it further.

Now, as we build this Instructor Pathway, my purpose is simple:

To find the next hands willing to hold this art.

To support those who feel the same hunger, the same fire, the same impossible hope that brought me to Hong Kong all those years ago.

If you’re reading this, and you feel something stir, if you know there’s more to Wing Chun than just movement, then you already know what I felt that day.

You’re not just learning to teach.

You’re becoming the next link in the living chain.

The transmission is waiting for you.

Chapter 1 – A Path Worth Walking



“At first, we train the body. But the deeper we go, the more we realize—
Wing Chun is powered not by muscle, but by mind. And once you feel
that shift, the path begins to call you.”

— *Grandmaster Chu Shong Tin*

Wing Chun begins in the body, but it doesn't end there. For many, it starts as curiosity: a desire to move differently, to understand yourself through movement, softness, and structure. Over time, that curiosity deepens. It shifts from technique to feeling, from movement to meaning. What starts as a spark can become a guiding light, and sometimes, a purpose.

At Mindful Wing Chun, we know that the internal journey of this art can become something extraordinary. **We've seen ordinary students discover not just new skills, but new selves, more centred, confident, alive. For some, this journey becomes too meaningful to keep to themselves. They feel compelled to share it, to teach, to guide.**

Not everyone walks this path. But some do feel the call:

Not just to practice... but to pass it on.

Not just to train... but to teach.

Not just to learn... but to become something through the art.

If you've ever found yourself wanting to help someone else with a technique, felt the thrill of seeing a classmate “get it” because of your encouragement, or wondered what it would be like to stand at the front of the room, guiding the next breakthrough, then you already know a piece of this calling.

Some are meant to transmit. They feel a sense of responsibility not because someone asked them to, but because the system itself began to shape them that way. It's a quiet urge, but it grows stronger with every moment of real connection, the look in a student's eyes when something clicks, the feeling that you're not just repeating tradition, but becoming part of it.

This document outlines that pathway.

We've designed the MWC Instructor Certification Pathway not as a shortcut to a title, but as a long, clear road toward mastery, transmission, and contribution. It's a way to take something that brings you alive, and turn it into a new source of meaning, connection, and legacy. **It's a chance to belong to something bigger than yourself, while growing more into yourself.**

It defines the levels, the traits, the structure, and the standards required to represent the lineage of Grandmaster Chu Shong Tin with clarity, integrity, and living embodiment.

This isn't a quick certification. It's a long, structured road toward something lasting, toward becoming someone who holds space for others with precision, care, and presence. You won't find hype here. You'll find honesty. You won't find shortcuts. You'll find depth. You'll find a community that celebrates growth and supports you at every stage.

If you feel even a flicker of that call, we invite you to lean in. Imagine not only training with more depth than ever before but also helping others take their first steps, passing on what once transformed you. Imagine joining a global family that shares your values and passion, and growing together, year after year.

And if something in you recognises that standard, if the way we teach, move, and listen feels like home, then this may be your next step. A path of growth. A deep community of practice. A chance to live what you love, and help others find their way into it, too.

If you're ready, we're ready.

Welcome to the path. Where it leads is up to you.

Chapter 2 – The Mindful Wing Chun Way



“This system is not built on force. It is built on feeling.”

— *Grandmaster Chu Shong Tin*

Mindful Wing Chun isn't a style. It's a system—one built on principles, not performance. One that lives through fascia, intention, and relaxed structure, rather than through muscle, tension, or repetition.

Rooted in the teachings of Grandmaster Chu Shong Tin, MWC follows a path of internal refinement:

- Where force is expressed through fascia, not strength
- Where structure adapts without collapsing
- Where presence, not pressure, leads the encounter

THE CST LINEAGE: STILLNESS, POWER, AND SENSITIVITY

Grandmaster Chu Shong Tin, coined by his teacher Ip Man as the "King of Siu Nim Tao," devoted his life to uncovering the subtle, internal mechanics of Wing Chun. His approach was not fast, flashy, or aggressive. It was still, deep, and profoundly powerful.

He taught not how to fight, but how to *feel*. Not how to block, but how to *transform pressure through effortless, almost elastic structure*. Under his guidance, students began to discover that true power is not something you add, it's something you *reveal* by removing what's in the way.

Sifu Nima King trained under CST full-time in Hong Kong for nearly a decade. That time didn't just shape his technique, it shaped his way of seeing, moving, and transmitting the art. His mission is not to preserve Wing Chun as it was, but to carry it forward with *clarity, alignment, and depth*, into a modern world.

“What we’re developing is not ‘more strength.’ It’s the ability to move without resistance, to feel the body as a single connected unit guided by the mind.”

— Nima King

WHAT MAKES MWC DIFFERENT

Fascia-Based Internal Power

Rather than relying on muscular effort, students learn to activate fascia, the intelligent, elastic web of the body. This allows for whole-body coordination, dynamic redirection of force, and sustainable, injury-resistant power.

Mind-Led Structure (Nim Tao)

Every movement begins with conscious intention. Nim Tao (Mind Force) isn't mystical, it's the practice of letting awareness shape the structure, rather than habit or reaction.

Tensegrity Over Tension

The body behaves as a tensegrity system, bones suspended in fascia. This creates a stable-yet-mobile structure capable of absorbing, adapting, and transmitting force with minimal effort.

Stillness Before Speed

The goal is not to be fast. The goal is to be *clear*. Clarity of structure enables spontaneous speed without tension.

Transmission Over Instruction

MWC instructors are not technicians. They are carriers of internal conditions. They teach through what they embody, not just what they say.

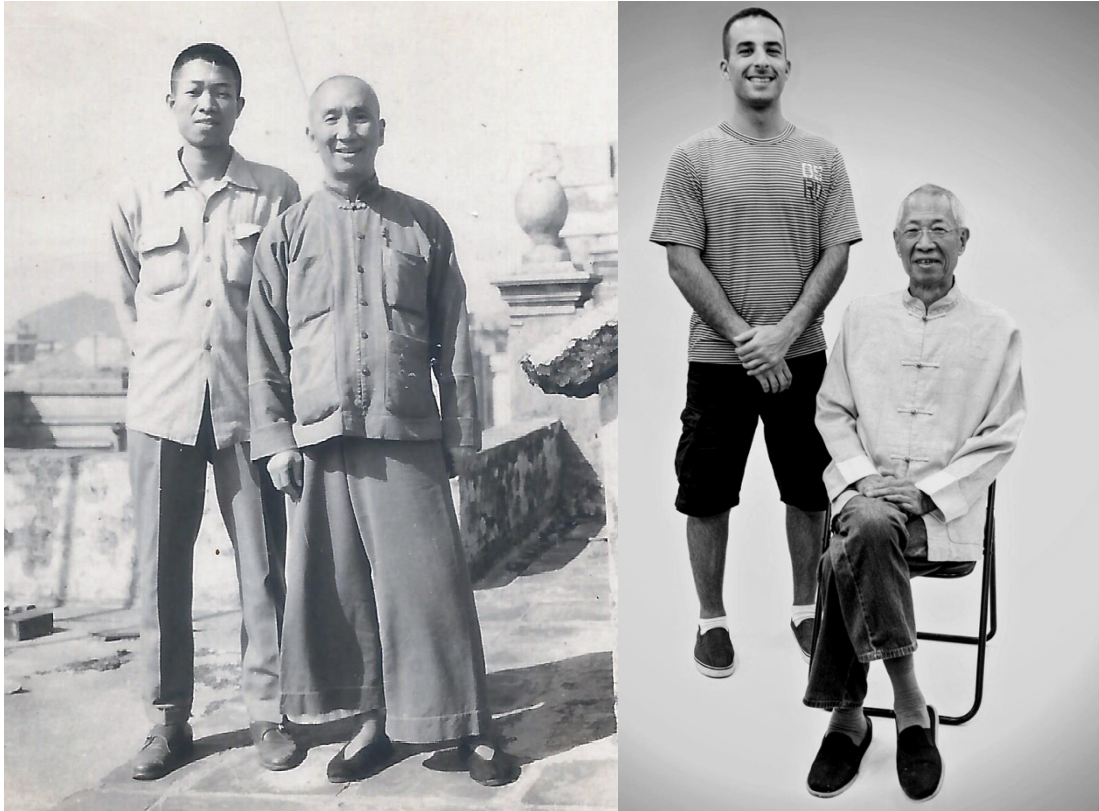
A LIVING SYSTEM

This system evolves as those who carry it deepen their embodiment. Every instructor refines it by how they train, teach, and transmit. The certification pathway is not about memorization, it is about becoming someone capable of holding this clarity and passing it on.

You are not just learning to teach. You are learning to carry a system that has outlived its founders, not through control, but through **care**.

If you feel resonance with these principles, if you recognize that Wing Chun can be something *more* than drills and repetition, then you're already walking the path.

Chapter 3 – The Instructor Pathway at a Glance



“In this system, we don’t chase advancement. We refine our presence—until the next step becomes inevitable.”

— Nima King

This is not a rank system. It is a map of embodiment.

We structure the instructor pathway not to create hierarchy, but to **protect clarity**, **preserve depth**, and **guide growth**. In a system built on internal power and felt transmission, structure becomes the container for precision.

Each level is both a **milestone** and a **mirror**, reflecting who you’ve become, how clearly you embody the method, and what kind of presence you bring to others.

Progression is not based on compliance. It’s based on alignment. On clarity. On care.

THE FIVE LEVELS OF CERTIFICATION

Level	Title	Minimum Time	You Can Teach...	You Can...
1	Instructor	3 years MWC	Siu Nim Tao, techniques up to Grade 3 (week 120 in MWCO)	Lead group/private classes, apply for VTAA certificate
2	Instructor	4+ years teaching	Chum Kiu internals, up to Grade 4 (week 250 in MWCO)	Guide full sparring, internal pad work, advanced Chi Sau
3	Senior Instructor	8 years teaching	Biu Jee, Wooden Dummy internals	Certify Level 1s, open a franchise (with approval)
4	Master Instructor	15 years teaching	Full system incl. weapons (Pole & Knives)	Certify Level 2s (with approval), mentor senior instructors
5	Grandmaster Instructor	25 years teaching	Full CST internals and lineage transmission methods	Train future senior instructors, steward CST system integrity

These levels aren't just about time, they're about **depth**.

The higher you go, the more you're expected to **teach from embodiment**, not theory. To **hold space** not just for drills, but for transformation. This isn't just about what you know. It's about what you **can help others feel**.

Progression through these levels is organic, but it's also intentional. You'll be mentored, observed, and invited forward when you demonstrate:

- Technical clarity
- Internal understanding
- Emotional maturity
- Consistency of practice
- Alignment with MWC's living ethos

"You are not just being certified. You are being trusted."

Each chapter that follows will take you deeper into these levels, their meaning, their requirements, and what it truly means to stand at each one.

If the system has begun shaping you from the inside out, this is how you honour that shift.

Chapter 4 – The Levels of Certification

Level 1 – Instructor



THE INITIATOR OF FLOW

“Once a practitioner reaches a certain level, teaching becomes the most powerful way for them to break through to higher levels.”

— *Grandmaster Chu Shong Tin*

Level 1 marks the shift from practitioner to guide. At this stage, the student has developed a foundational embodiment of the Mindful Wing Chun method and is now capable of supporting others in discovering that same connection.

This level is not about mastery, it's about *clarity*, *consistency*, and *commitment*. It's the beginning of a lifelong transmission.

MINIMUM REQUIREMENTS

- 3+ years of dedicated study within the MWC system

- 20+ hours of private instruction with Sifu Nima or a certified Level 3+ MWC instructor
- Demonstrated embodiment of internal principles:
 - Fascia-based structure
 - Taigung (deep postural activation)
 - Nim Tao (mind-intention connection)
 - Sensitivity and softness under pressure
- Ability to perform and explain Siu Nim Tao clearly as well as tactile guidance of Taigung, Elbow Force and Triangulation
- Consistent understanding of MWC teaching framework and class structure
- Demonstrating understanding in Chisau basics, basic sparring and other technical aspect of application of MWC for self defence
- Positive assessment by Sifu Nima or a certified Level 3+ instructor

Note: This is not a “pass/fail” test, it’s a shared recognition that the student is ready to carry the system forward, with support.

WHAT YOU CAN TEACH

- Siu Nim Tao and techniques up to Grade 3 (i.e. week 120 in the online school)
 - Attack/Defence Sequences
 - Trapping, Chi Sau Basics (3 Core Exercises)
 - Random Arms / Legs
 - Basic Pad Work
 - Chark Jong
- Lead private lessons and group classes under MWC guidance
- Begin developing your own teaching rhythm within the system
- Eligible for VTAA Ip Man Association Instructor Certificate (via Sifu Nima)

RESPONSIBILITIES

- Uphold the clarity and fidelity of the MWC curriculum
- Teach with humility, patience, and presence
- Support students emotionally and energetically—not just technically
- Seek ongoing feedback and mentorship
- Begin internal journaling or reflection practice (recommended) to track personal development and teaching insights
- Recertify every 2 years (complete 10+ hours of in-person training with Sifu Nima or a certified Level 3+ instructor within the 2 year period)

- Participate actively in the MWC Online Community
- Train regularly with other certified instructors and support local MWC initiatives in their region
- Maintain open communication with HQ and uphold high ethical standards

TRAITS TO CULTIVATE

- Clear communication without over-explanation
- Patience with silence, stillness, and unformed questions
- Curiosity about the student's internal process
- The ability to listen through touch
- Presence in every interaction

WHAT THIS LEVEL TRULY MEANS

Level 1 is not a status, it's a doorway.

You are now a part of something larger than yourself: a lineage that transmits not through force, but through clarity... not through imitation, but through embodiment.

This level asks only one thing of you:

Be someone others can begin with.

Level 2 – Instructor



THE REFINER OF CONTACT

“Every point of contact is a question. Teaching at this level is learning how to listen.”

— Nima King

At Level 2, instruction deepens, not by adding complexity, but by refining sensitivity. This is where the instructor begins to truly *feel what the student cannot yet name*, and use that insight to guide their growth.

Where Level 1 introduces structure, Level 2 cultivates **adaptability**. The instructor becomes fluent in the language of contact: understanding pressure, tension, intent, and structure *as it arises*.

It’s not about having the answers.

It’s about being present enough to ask the right questions, through touch.

MINIMUM REQUIREMENTS

- Minimum 4 years of consistent teaching experience in the MWC method
- Clear, fluid execution of Wooden Dummy form
- Demonstrated internal understanding of Chum Kiu principles:
 - Rotation without tension

- Tactile feedback response
- Integration of spine, hip, and intent
- Ongoing engagement with mentorship and feedback
- Demonstrating ability in Chi Sau sparring, full contact sparring, and powerful close range striking
- Positive assessment by a Level 3+ Instructor or Sifu Nima

WHAT YOU CAN TEACH

- All curriculum through **Grade 4 (i.e. week 250 in the Online School)**, including:
 - Chum Kiu (and SNT) internals
 - Chi Sau sparring and Chi Sau flow drills
 - Full-contact sparring (introductory)
 - Random Chark Jong
 - Penetrative short-range striking
 - Advanced pad work with contact variability
- Support early instructors or apprentices under mentorship
- Assist in assessments and feedback for Level 1 candidates

RESPONSIBILITIES

- Teach contact-based drills with nuance and patience
- Model structure-under-pressure without collapse or overreaction
- Provide clear, confidence-building corrections
- Serve as a bridge between form and application
- Uphold the energetic clarity of MWC sparring: not “fighting” but listening under speed
- Recertify every 2 years (complete 10+ hours of in-person training with Sifu Nima or a certified Level 3+ instructor within the 2 year period)
- Participate actively in the MWC Online Community
- Train regularly with other certified instructors and support local MWC initiatives in their region
- Maintain open communication with HQ and uphold high ethical standards

TRAITS TO CULTIVATE

- Deepening humility through tactile presence
- Split-attention awareness: self + student + environment

- Calm adaptability under pressure
- A non-reactive teaching presence, centred, steady, awake
- Curiosity about *how each student receives structure differently*

WHAT THIS LEVEL TRULY MEANS

Level 2 is where your teaching gains **texture**.

It's where the gap between theory and experience begins to dissolve, because you now teach through what you feel, not just what you know.

You are no longer transmitting techniques. You are transmitting states.
Presence under contact. Structure under stress. Stillness within motion.

This is where Wing Chun begins to move *through* you, because you've let it shape the way you move with others.

Level 3 – Senior Instructor



THE ARCHITECT OF FORCE

“Force in this system is not added. It is revealed.”
— Grandmaster Chu Shong Tin

By the time a practitioner reaches Level 3, they are no longer refining the foundation, they are expanding the architecture. This level marks the emergence of a senior instructor: someone capable of translating the deepest aspects of the CST system into powerful, personal transmission.

Level 3 instructors embody internal power not through demonstration alone—but through consistent, repeatable guidance.

They are capable of *holding space* for others' breakthroughs, while continuing to sharpen their own alignment.

This level is where teaching becomes **creative and custodial**:

You are trusted not just to pass on the curriculum, but to shape others who will.

MINIMUM REQUIREMENTS

- Minimum 8 years of consistent teaching in the Mindful Wing Chun method
- Mastery of Chum Kiu principles under pressure
- Ability to teach and embody **Biu Jee** and **Wooden Dummy** internal mechanics
 - Short force rebound
 - Full-body spiralling and joint release
 - Flow recovery under sudden contact
- Demonstrated ability to Chisau spar non-stop for 30+ minutes with internal structure retention
- Clear articulation of internal principles to advanced students
- Mentorship and approval from Sifu Nima or a Level 4+ instructor

WHAT YOU CAN TEACH

- Full curriculum including advanced Chi Sau, internal Biu Jee, and Wooden Dummy
- Full-contact sparring with grappling integration
- Short power striking and tactile manipulations
- Internal structure recovery during fatigue or pressure
- Prepare candidates for Level 1 certification
- Assist with instructor assessments and development programs

RESPONSIBILITIES

- Serve as a mentor for instructors at Levels 1–2
- Model high-level transmission with humility and clarity
- Protect the internal integrity of the CST system

- Open new branches or franchises (with approval)
- Contribute to the development of curriculum updates, drills, or internal teaching materials
- Recertify every 2 years (complete 10+ hours of in-person training with Sifu Nima or a certified Level 3+ instructor within the 2 year period)
- Participate actively in the MWC Online Community
- Train regularly with other certified instructors and support local MWC initiatives in their region
- Maintain open communication with HQ and uphold high ethical standards

TRAITS TO CULTIVATE

- Internal calm even in dynamic, full-contact situations
- Clarity of transmission under pressure
- Long-range vision: seeing the instructor, not just the student
- Ability to teach teachers, not just guide beginners
- Grounded leadership rooted in personal practice

WHAT THIS LEVEL TRULY MEANS

Level 3 is a **threshold**.

You are now a custodian of the art.

Your power is no longer in what you demonstrate, but in how you **develop others**.

You teach not just with your words, but with your presence.

You lead not by controlling the room, but by shaping the energy inside it.

You are no longer just part of the lineage. You are now one of its builders.

Level 4 – Master



THE STEWARD OF THE LINEAGE

"At this level, the system no longer needs to be studied—it begins to live through you."

— Nima King

At Level 4, the instructor becomes a **pillar of transmission**—not just through power or clarity, but through presence and responsibility.

This level signifies mastery not as domination, but as depth.

A Master Instructor has been tempered by decades of teaching, feedback, and refinement. They understand that lineage is not something you inherit, it's something you **live up to** every day.

Level 4 instructors act as stewards of the system: protecting its essence, preserving its clarity, and preparing the next generation of leaders with care.

MINIMUM REQUIREMENTS

- Minimum 15 years of consistent, high-integrity teaching in the MWC method
- Demonstrated mastery of:
 - Full CST/MWC system

- Internal mechanics of the **Wing Chun weapons** (Long Pole and Butterfly Knives)
- Structural force under fatigue, disruption, and variation
- Able to develop and refine instructors at Levels 1–2
- Recognized by Sifu Nima as a senior leader in the MWC community
- Active contribution to global MWC development and teaching alignment

WHAT YOU CAN TEACH

- All forms, applications, and internal systems
- Advanced Wing Chun weapons and their internal dynamics
- Tactile-based instruction of internal force transmission
- Certify Level 2 Instructors (with Sifu Nima’s approval)
- Co-lead retreats, teacher trainings, and lineage deep-dive programs

RESPONSIBILITIES

- Preserve and protect the internal fidelity of the CST system
- Mentor senior instructors and branch leads
- Support community alignment through feedback, mentorship, and integrity-based leadership
- Serve as a model of humility, embodiment, and long-term growth
- Contribute to the long-range vision and evolution of the MWC teaching system
- Recertify every 2 years (complete 10+ hours of in-person training with Sifu Nima within the 2 year period)
- Participate actively in the MWC Online Community
- Train regularly with other certified instructors and support local MWC initiatives in their region
- Maintain open communication with HQ and uphold high ethical standards

TRAITS TO CULTIVATE

- Generosity of spirit in passing knowledge forward
- Precision of teaching even with subtle students
- Patience with those walking the same path you once did
- Discernment between correction and control

- Stillness that doesn't seek attention—but commands respect

WHAT THIS LEVEL TRULY MEANS

Level 4 is not a badge, it is a **vow**.

You are now a **keeper of the gate**. Not to close it, but to make sure it stays open for the right reasons, with the right spirit, and the right structure.

You do not represent the system. The system now moves through you.

Level 5 – Grandmaster



THE LIVING EXPRESSION

"Some preserve the art in words, others like Chu Shong Tin become it."

— Nima King

Level 5 is not a goal to chase.

It is a recognition of time, depth, and the quiet transmission of something vast through something human! A Grandmaster Instructor is no longer building the system, they are **becoming its expression**. Their role is to sustain the art as a living tradition, while empowering the next generation to carry it forward, not in imitation, but in alignment.

This level exists to ensure the **CST system remains whole**, technically, energetically, and ethically.

This is legacy made tangible.

MINIMUM REQUIREMENTS

- 25+ years of uninterrupted, high-integrity teaching and embodiment in the Mindful Wing Chun method
- Mastery of **all internal aspects** of the CST system, including:
 - Fascia-based force through every form and weapon
 - Bicep relaxation under resistance
 - Advanced tactile manipulations (joint, fascia, muscle chain)
 - Seng activation through presence and touch
- Recognized by Sifu Nima as a system holder and lineage steward
- Consistent mentorship and cultivation of Level 3+ instructors
- Contributions to the preservation and refinement of teaching materials, philosophy, and training infrastructure

WHAT YOU CAN TEACH

- All aspects of the system across all levels and branches
- Direct lineage transmission and training of future senior instructors
- Facilitate internal breakthroughs for instructors through subtle touch, silence, and presence
- Expand the CST method into new global contexts without dilution
- Embody and transmit the “mind before movement” approach in every setting
- Lead systemic reviews and core teaching evolution (under Sifu Nima’s guidance or legacy planning)

RESPONSIBILITIES

- Guide the growth of the lineage with wisdom and restraint
- Preserve humility, presence, and the original spirit of CST
- Train instructors who can become stewards themselves
- Hold the ethical and energetic tone of the community
- Teach not for attention, but to ensure something ancient stays alive

- Recertify every 2 years (complete 10+ hours of in-person training with Sifu Nima within the 2 year period)
- Participate actively in the MWC Online Community
- Train regularly with other certified instructors and support local MWC initiatives in their region
- Maintain open communication with HQ and uphold high ethical standards

TRAITS TO EMBODY

- Emptiness in the best sense, space for others to grow
- Stillness that teaches without speaking
- Compassion that disciplines without punishment
- Precision that feels like softness
- Presence that invites transformation without force

WHAT THIS LEVEL TRULY MEANS

Level 5 is not about being revered. It is about being **remembered in others**.

Your movements live in your students.

Your clarity becomes their starting point.

Your care becomes the system's future.

At this level, you are not passing on a style. You are passing on a way of being.

This is the culmination of decades of practice, presence, and personal refinement, not for status, but for **service**.

You are now one with the system.

You are now one of its guardians.

Chapter 5 – The Traits of a Mindful Wing Chun Instructor



“Students don’t just listen to what you say—they feel what you’re aligned with. That’s the real transmission.”

— Nima King

WHO YOU ARE IS WHAT YOU TEACH

In Wing Chun, technique matters. Structure matters. But when it comes to teaching, what truly lasts is the *transmission of who you are*.

At Mindful Wing Chun, instructors are not chosen for charisma or status. They are recognized by the **way they show up**, in their bodies, their touch, their language, and their presence.

They carry not just knowledge, but *tone*.

They don’t just explain, they *embody*.

This chapter defines the inner architecture of a true MWC instructor. These are not checkboxes. They are **qualities that deepen over time**, aligning technical skill with personal evolution.

1. RELAXED STRENGTH

A Mindful Wing Chun instructor leads with softness, not weakness, but **refined ease**. They generate force through fascia, not tension. They model what it means to move from grounded presence instead of overreaction.

“Students won’t remember your explanations. They’ll remember how they felt in your presence.”

Key Traits:

- Structural integrity under pressure
- Relaxed joints, fluid transitions
- Calm under speed and contact
- A tone that makes others feel safe to learn

2. MINDFUL ATTENTION

Instruction begins with attention.

A good instructor speaks clearly.

A great instructor *listens with their hands*.

MWC instructors are trained to feel shifts in energy, structure, and mindset. They see what students aren’t yet saying. They use that awareness to guide, not to impress.

Key Traits:

- Tactile sensitivity (especially in Chi Sau and sparring)
- Eye contact that supports, not intimidates
- Language that reflects understanding, not performance
- The ability to pause, and let insight rise

TECHNICAL CLARITY

At every level, instructors must transmit the MWC system with **precision**. This means understanding:

- Form structure and intent
- Internal principles (Taigung, Seng, Nim Tao)
- Drills, partner work, sparring, and application
- How to correct without shaming, and guide without confusing

Key Traits:

- Fidelity to the CST method
- Use of progression-based drills
- Clean execution and patient demonstration
- Confidence without arrogance

4. HUMILITY AND GROWTH

A Mindful Wing Chun instructor does not “arrive.”

They continue to refine, study, revisit the basics, and remain open to learning, especially from their students.

Teaching is not a hierarchy. It is a circle.

Instructors must be willing to stay at the edge of their own practice.

Key Traits:

- Willingness to be corrected
- Active self-reflection
- Regular personal training
- Commitment to ongoing mentorship

5. ALIGNMENT WITH THE SYSTEM

MWC instructors are not freelancers of tradition. They are **guardians of clarity**.

This means:

- Upholding the MWC curriculum
- Teaching only what they embody
- Contributing to the community and online ecosystem
- Respecting lineage while co-creating its future

“You do not represent the brand. You represent the breath of the system.”

Key Traits:

- Alignment with MWC values
- Engagement with other instructors
- Presence in student journeys beyond class time
- Communication with HQ to support evolution

WHAT THIS ALL REALLY MEANS

Instructors carry more than drills.

They carry **tone**, **trust**, and **transmission**.

The greatest teacher is one who:

- *Moves like they mean it.*
- *Speaks like they've earned it.*
- *Listens like you matter.*
- *Teaches like the system lives through them.*

If that's who you're becoming, then this path isn't just open to you, it's waiting for you.

Chapter 6 – Mentorship, Community & Connection



“Wing Chun doesn’t grow through hierarchy—it grows through relationship.”

— Nima King

YOU ARE NOT ALONE ON THIS PATH

The journey from student to instructor is not one of isolated achievement, it's one of **shared evolution**.

At Mindful Wing Chun, becoming a teacher means stepping into a **living web of connection**, with mentors, with peers, with students who will one day become guides themselves.

This is a community shaped by presence, not prestige. By contribution, not competition.

If Level 1 was about entry, and Level 5 about legacy, then this chapter is about the **thread that ties them together**: relationship.

THE MENTORSHIP LOOP

Every certified MWC instructor is part of an ongoing mentorship model.

This means:

- You are **mentored** by those ahead of you.
- You **mentor** those who are just beginning.
- You **mirror** your growth by supporting others.

Mentorship at MWC is not a rigid hierarchy, it is a circle. It adapts to the instructor's level, readiness, and depth.

Feedback flows in both directions. Presence is the currency.

"Teaching is not about control. It's about creating the conditions for someone else's clarity."

THE COMMUNITY ECOSYSTEM

MWC's global instructor community is connected through:

- Regional practice groups
- Online forums and check-ins
- Annual retreats (in-person or virtual)
- Curriculum development collaborations
- Shared study of CST's deeper teachings

Instructors are encouraged to remain **active contributors**, not passive recipients. That might mean:

- Offering insights during instructor calls
- Supporting students outside your region
- Sharing notes, drills, or breakthroughs with your peers
- Checking in with mentors to reflect on challenges

This is a **living lineage**. Its strength is measured not by uniformity, but by how well its members stay aligned in purpose.

THE DIGITAL DOJO

For many, especially those outside of Hong Kong, connection begins online.

MWC maintains:

- A private instructor portal for materials and guidance
- An online teaching community for discussion and mentorship
- Recorded sessions from Sifu Nima and senior instructors
- Opportunities to co-lead or contribute to global classes

Instructors at any level are encouraged to use this space, not just to access resources, but to **offer their own voice**.

YOUR ROLE IN THE WEB

As you grow in the system, your presence affects others, whether you mean to or not.

This means your **attitude**, your **clarity**, and your **consistency** are always part of the field you're shaping.

Mentorship and community are not side effects. They are the **container** that holds your growth.

"A single practitioner refines the system. But a community evolves it."

This is not just about joining a school.

It's about joining a **lineage of care**, one that has survived because someone before you chose to show up, stay present, and pass it on with integrity.

Now, that someone is becoming you.

Chapter 7 – What This Path Offers



“I spent my years doing my best to pass on this rare gift. I don’t know how much time I have left—but I hope those who feel Nim Tao can carry it further than I could, so it benefits many more lives around the world.”

— Grandmaster Chu Shong Tin

PERKS, PRIVILEGES & PURPOSE

So far, we’ve spoken of embodiment, transmission, lineage, and leadership. But what does this path **actually offer**?

Let’s be clear: becoming an instructor with Mindful Wing Chun is a **structured, supported, and deeply rewarding** experience. It is built on both vision and detail.

Here is what you can expect to receive—not just symbolically, but *actually*, as you progress through the Instructor Pathway.

1. OFFICIAL CERTIFICATION & RECOGNITION

Every level of certification comes with:

- A signed MWC certification plaque
- Recognition in the official MWC Instructor Directory
- Eligibility to certify others (Levels 3 and above)
- Use of MWC branding (guidelines provided)
- Ongoing recertification and mentorship support

Instructors at Level 1 and above may also:

- Apply for official VTAA Instructor Certification (via Sifu Nima)
- Use their title professionally within seminars, online content, and classes

“You’ve earned more than paper. You’ve earned a place in something living.”

2. TEACHING OPPORTUNITIES & BRANCH CREATION

As your journey deepens, your opportunities grow:

- Lead group and private classes under MWC guidance
- Co-facilitate workshops or online trainings
- For Level 3 and above:
 - Open an official MWC branch (pending review)
 - Develop your own teaching team
 - Contribute to instructor curriculum design

Franchise opportunities are designed to support growth **without diluting alignment**.
At every stage, clarity and consistency come first.

3. COMMUNITY & CONNECTION

You’re joining more than a team, you’re joining a **living international lineage**. This includes:

- Regular instructor meetups (in-person and online)
- Peer study groups
- Mentorship across levels

- A shared digital library of drills, insights, and internal research
- Annual intensives with Sifu Nima (virtual or in-person)

This network becomes your field of growth, your mirror, and your reminder that you're not doing this alone.

4. GROWTH BEYOND THE SYSTEM

This pathway will change how you move, teach, and lead—but it will also change how you **live**.

Instructors often report:

- A deeper sense of purpose
- Heightened body awareness and calm under pressure
- Improved communication skills (inside and outside the dojo)
- A shift in how they relate to conflict, leadership, and creativity

“You’ll become a better teacher. But more than that, you’ll become a more refined version of yourself.”

5. ALIGNMENT WITH LEGACY

This path connects you directly to the teachings of Grandmaster Chu Shong Tin, through one of his most devoted and trusted students, Sifu Nima King.

You will not be “doing your own version” of Wing Chun.

You will be helping keep a **precise, internal, living system** alive, without distortion, without ego, and without losing the mindfulness at its core.

“When you walk this path, you do not walk in shadow. You walk beside those who kept the fire lit.”

So yes, there are titles, plaques, directories, and opportunities.
But those are just milestones.

What this path really offers is the chance to:

- Teach with integrity
- Lead with softness
- Embody a tradition

- And help others become more themselves, through the same system that once helped you

This is not a career path.
This is a calling.

Chapter 8 – How to Begin



“The path doesn’t need you to be ready. It needs you to be willing!”
— Nima King

EVERY LINEAGE STARTS WITH A STEP

If you’ve read this far, you already feel something stirring.

Maybe it’s curiosity.

Maybe it’s recognition.

Maybe it’s the quiet sense that *you’ve been walking this path for longer than you realized*—
and now you’re just naming it.

The journey to becoming a Mindful Wing Chun instructor begins with **alignment**.

Not perfection. Not achievement.

Just one simple truth: *you care enough to carry it well*.

First Steps

If you’re ready to explore this pathway, here’s where to begin:

1. **Speak with Sifu Nima or your MWC mentor**

Share your interest. Let the conversation begin. You’ll receive guidance tailored to your current level and practice.

2. **Self-Check: Am I Aligned?**

Review the traits and principles outlined in this document. Not to measure yourself, but to *orient yourself*.

3. **Review the Curriculum & Level 1 Requirements**

These are your first benchmarks. If you're close, mentorship will help fill the gap. If not, this document now becomes your map.

4. **Stay Connected**

Join instructor circles, contribute to the online community, and stay in active dialogue with those already on the path.

There is no “application form” for presence. Just show up. Be honest. Be teachable.

WHAT TO REMEMBER

- This path is not fast. It is **true**.
- You won't do it alone. You'll grow in orbit with others.
- You don't need to be special. You need to be **attuned**.
- And most of all: the system you love doesn't end with you.
It begins again, through you.

If this sounds like your path, then the next step is simple:

Take it.

We're ready when you are.

