

# Wing Flow System

A fascinating path of modern martial art

翼流系统武术

## Origin

When martial arts vision is guided by passion

Wing Flow System (=WFS) was founded by Sifu Mark Stas after more than 33 years of passionate martial arts training.

One need to understand the mindset of Sifu Mark Stas in order to understand how his actual skills developed into his WFS. As a teenager, even before he could join martial arts classes, he trained alone in his room with the help of books and his imagination. Very young he developed the faculty to train alone and his passion for solitary training grew bigger and bigger.

In the eighties, anime like 'Fist of the North Star' or 'Dragon Ball' and 'Judo Boy' marked him as a teenager, together with 'Enter the Dragon' with the legendary Bruce Lee, which at that time he watched on TV (Club Dorothée, a French TV Show).

Even when he finally could attend his first Karate classes, he continued diligently to practise alone in his small room, translating martial arts books which weren't in his mother tongue. This consistency of daily training and using his visualisation to practise became his strong point which allowed him to reach his actual high level skills.

Before training in the Chinese martial art, which would form the nucleus of his WFS, he trained very intensively Karate Shotokan and Taekwondo and gymnastics, which was very benefit for his development. He trained boxing principles and a rudimentary trapping and sensibility before discovering Leung Ting's Wing Tsun (WT) in Germany, thanks to the Sifu Salih Avci.

**Sifu Mark Stas**

6x Hall of Fame:



Legend in Martial Arts  
Grandmaster of the Year  
Master of Self Defense

**Biomechanics**



Techniques follow the  
principles of body  
mechanics

**System**



Follow a structured path  
to master WFS

**Martial  
Development**

Health and Martial  
knowledge are closely  
interwoven

At that time in the nineties this powerful European WT Organisation was in his glory time with fighters such as Emin Boztepe and Salih Avcı, who were considered the top two fighters of this Wing Chun branch, or names like Frank Ringeisen, Victor Gutierrez and Thomas Mannes.

So determined was Mark Stas after meeting Sifu Salih Avcı in Aachen, who explained and showed him in detail the art of Wing Tsun, that he decided to quit his job and leave Belgium to live and train full time in Germany.

Even when Sifu Mark had more than one teacher in Wing Tsun, he owes his passion and drivenness to Sifu Salih.



### **When passion drives a heart, everything else becomes secondary...**

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Many years of dedicated training in this martial art, gave Sifu Mark a very strong foundation thanks to the teachings of Frank Krüger, who's Chi Sao (or clinging arms) was simply fantastic: elastic but very strong. He trained more than 10 years of very dedicated WT training, training at the HQ, Castle Langenzell and in the academy of Sifu Heinrich Pfaff, who was considered one of the best ( or even THE best ) technician in the EWTO. Although more on the background of the EWTO, he was the head instructor who trained all the instructors who came to the Castle all over the world. His knowledge and skills were one of the most complete. When Sifu Pfaff decided to quit the EWTO and create his own federation, he asked Mark Stas to join him. Thus Mark Stas became one of the very first instructors in this federation. 11 years later destiny wanted it different and because of internal conflicts, Sifu Mark Stas decided to follow his own vision in martial arts and dedicate his time to train and improve himself. He was always a very attentive student and soon he could find time to re-read everything he wrote down from the many years of learning martial arts (he took notes after every single lesson during so many years). Now was the time after 33 years of martial arts training, of which 22 years daily Wing Tsun training, to study and rework everything he saw and learned.

He revolutionised the world of Wing Chun with his excellent coordination, way of moving and extreme ability in linking his kicks, knees, punches and elbows, rarely seen in 2016. His videos had millions of views and shared numerous times on social media all over the world.

Although Wing Flow System saw the daylight around 2017, it took Sifu Mark a few years more to develop and structure the teaching programs.

WFS, being a brand new martial art, Sifu Mark realised that it took time to establish a system which can help guide and evolve a student or a WFS instructor.

## What is Wing Flow System?

Many misunderstand Wing Flow System: although it's a new martial art with similarities of Wing Chun, Jeet Kune Do or boxing, it is a well thought and complete system with a unique learning path for those eager to learn an intelligent martial art. WFS goes beyond sport, although it has great benefits in the combat sports world.

Although the background of Sifu Mark Stas has been formed from traditional Karate and Taekwondo, his actual expression has a more distinguished character of the the Southern Chinese Wing Chun-style with a more dynamic footwork, comparable to boxing.

Thanks to the best instructors in Wing Tsun he could have and his dedication to train daily, made him one of the highest skilled Wing Chun teachers with an in-depth knowledge rarely seen.

His dynamic and explosive movements together with his highly coordinated body mechanism, which was forged by many years intensive training and studying, were discovered on internet around 2016, which became viral. It was also for the first time that Sifu Mark Stas was invited and was discovered publicly at the First Festival Dell' Budo in Torino: one of the organisers stated he saw one of the best performances ever in his career. At the recent UK Martial Arts Show, who considers Sifu Mark as one of the best martial artists in the world, he had an incomparable success with his teaching method.

His unorthodox leg training methods with elastics were innovative and the use of his devastating elbows became so famous that producers contacted him to be part of action movies (see "English Dogs in Bangkok" for some explosive fight scenes)

His degree in physiotherapy helped him to understand in detail the human body and the particular body mechanics in martial arts.

In WFS, a very good distance feeling is one of the pillars of the system. Therefor footwork is regarded as not only a basic attribute but also for advanced students a must to train and perfect.

The dynamic footwork is combined on a closer distance with the more triangular and turning stance. Particular attention is put on the angle of the lower body joints and the use of certain leg muscles in order to be able to explode but also to create a highly protective stability not only in close range.

The rotational body power is a trademark to generate not only power but also the fluidity.

Although Sifu Mark had learned many forms, Chi Sao sections and the so-called Lat Sao, his WFS doesn't have all these in his curriculum. His highly detailed technical knowledge and personal insight, made him extract and re-create a study program which follows his own vision and purpose in martial arts.

The self-defence part is well thought with 4-6 techniques and are woven into the Core programs through situational training. The art of Wing Flow is very precise in execution, combines visual and

sensitivity reflexes, put in front the economy of motion in every possible way, strategy and tactics form the nucleus in advanced levels.

Although gloves training are part of the basic development, the advanced student advocates the open hand for grabbing, use of the knuckles, attacking vulnerable spots like the eyes or the throat.

## The learning path:

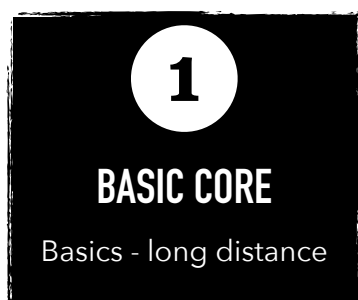
*Wing Flow System's curriculum is characterised by:*

1. Shadow training: to hone all the techniques, footwork and body mechanism
2. Technical partner training: to learn the singular techniques, distance feeling, reaction and sensitivity
3. Reaction exercises
4. Trapping and sensitivity training
5. Reaction and combat games
6. Focus Mitt training
7. Form training with and without tools

### FIRST LEARNING LEVEL

#### BASIC CORE: 4 DEGREES

Footwork is learned together with the basic techniques such as punching, defences, evading, kicking, basic elbow and knees.



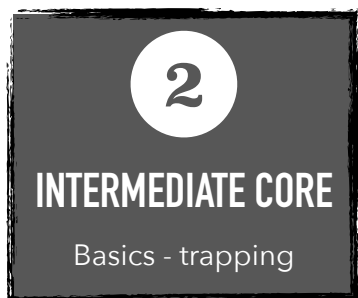
Shadow training, which is a key training tool within WFS is part of the evolution of every student.

Reaction training, basic drilling and learning to control power are part of the curriculum.

The basic student will learn a trapping exercise and the use of the focus mitts will learn the student to focus power, precision and control.

Form: Structure Form

## INTERMEDIATE CORE : 3 DEGREES



Trapping is key of this core block and the intermediate distance is linked to the longer distance.

The reaction exercises learned in the Basic Core evolves more to a free exercise till the body and reactions are free and actions are controlled.

Forms: Structure Form and Shadow Wooden Dummy Form

## SECOND LEARNING LEVEL

### ADVANCED CORE: 3 DEGREES



An extraction from the previous Basic and Intermediate programs are seen and put in a more free application.

With the Advanced Core we enter in the training phase, where learned movements from the previous programs will be put in test.

Particular attention is given to the close range sensitivity and defensive skills are taken to a higher level together with conditioning of the limbs to

become more efficient.

Close range sensitivity, Chi Sao and an advanced elbow development are part of this learning block.

The aim in the advanced Core is to be able to link and react freely within the sensitivity, trapping and reaction movements. Perfect reactions and high level coordination must be mastered to reach the final advanced core degree.

Forms: Structure Form, Wooden Dummy Form and Rotational Power Form

*The first and second learning levels: the examinations are more adapted to the training dedication and talent of each student instead of the numbers of years training.*

## THIRD LEARNING LEVEL

### EXPERT LEVEL



The visual and sensitivity reactions are honed in a more precise and controlled way.

Footwork and kicking abilities are trained in an advanced way and weapon forms are used to give a more advanced training knowledge for the unarmed combat.

The WFS Expert has a perfect control of his actions and knows how to use his body in defence and can use tactics and strategy in combat.

### MASTER LEVEL



The classical WFS is learned and mastered: the Expert is on its way to become a Master with a personalised expression.

He will be guided into a more profound research of the WFS martial art and will master the system to his needs.

## FOURTH LEARNING LEVEL

### FLOW LEVEL



This is the final level in Wing Flow System and can be seen as the Wing Flow Virtuoso.

Theoretically only the Founder can be seen as a Virtuoso in WFS.

The art of Wing Flow can roughly be divided into 3 levels before reaching the ultimate fourth level, which is the Flow Level, where one becomes a so-called “Wing Flow Virtuoso”:

Social media doesn't always give a real view of a martial art, many comment without knowing what is going on in particular styles and not everything can be compared with combat sports. Each has his benefits and limitations.

Wing Flow System belongs to the category of martial art where the longevity of practice is stressed: quality over quantity.

With strong self defense skills learned in the core levels, the practitioner evolves into the "art" of combat.

Remember that no human masterpiece has ever been created without great labor. There is always room for improvement: art is never ending.

Stay tuned for the upcoming video about the 'Path of Wing Flow System'!



***“Mark Stas can teach from the purest and most traditional Wing Chun to the maximum freedom in martial physical expression. I was attracted to his way of moving, fluidly and great speed and precision. He has a chained control of his legs and arms. He is able to leave the traditional structure without degenerating the art of the Wing Chun, because all he does is Wing Chun at highest level!”***

You can see the award winning choreographer, actor and producer Mark Stas with his Wing Flow System in the following action movies:

English Dogs in Bangkok

Haphazard

Borrowed Time: Falling Apart

Emerging From The Shadows

At the Edge

## BECOMING AN INSTRUCTOR OF OUR WWFSA

We accept new instructor requests via our association, but only those willing to learn, teach and personally evolve as a martial artist. We are selective because we care about the quality as a martial artist. Titles ,diploma's nor talent will replace the hard, diligent and consistent work to improve as a martial artist on long term.

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