

Wing Tsjun Scotland COVID Project

Fight to Adapt!

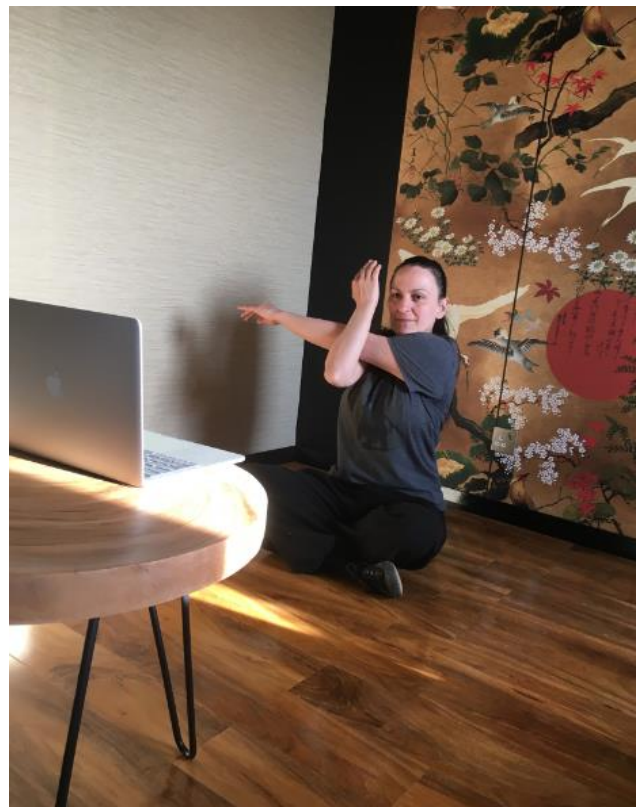
BACKGROUND AND INCEPTION

At our club headquarters in Shawlands we have a variety of different people who use our services; we have children, young people and adults who attend our Kung Fu Classes, we have adults and a women's only programme who attend our self-defence class and we have young people and adults who attend our boxing for fitness sessions. We currently rent our venue from a private land lord and have the challenge of still having to pay this rent without any income, so it essential for our survival that we stay engaged with our members and continue to provide them activities during these difficult times.

OUR FIGHT TO ADAPT PROGRAMME

Weekly Facebook Live Sessions – these sessions are open to anyone to come and join us for some simple fun activities to keep the body moving and the mind occupied. This is completely free and we are running this 3 times a week for around 30 minutes. This is proving very popular with non-members, we think this is because there are no barriers and no costs.

Kids Kung Fu Classes – we are to providing online classes for our Kung Fu Kids. These are 1-2-1 sessions, each family has a day and a time allocated, they get a time slot and we adapt what we are delivering to their needs. We often find we have 2 or more members from the 1 family that take part. It's free and we are running over 30 sessions per week, each session lasts around 30 minutes. We have children from 4 years to adults taking part and we are finding that more family members are taking part in the work out and the exercises. We need to make sure when we return to normal we are conscious of the costs and keeping these to an absolute minimum, we are thinking about running our workshops free until the end of the year when normal activity will resume. People will be prioritising things like food and we need to think of ways to support people to come back into sport. We need to appreciate that some people will not have jobs to go back to, so we need to consider this and try to help as much as possible.



Sifu Oana Stan
(Wing Tsjun Scotland National Instructor)
delivering some limbering up exercises
for the Facebook Live sessions

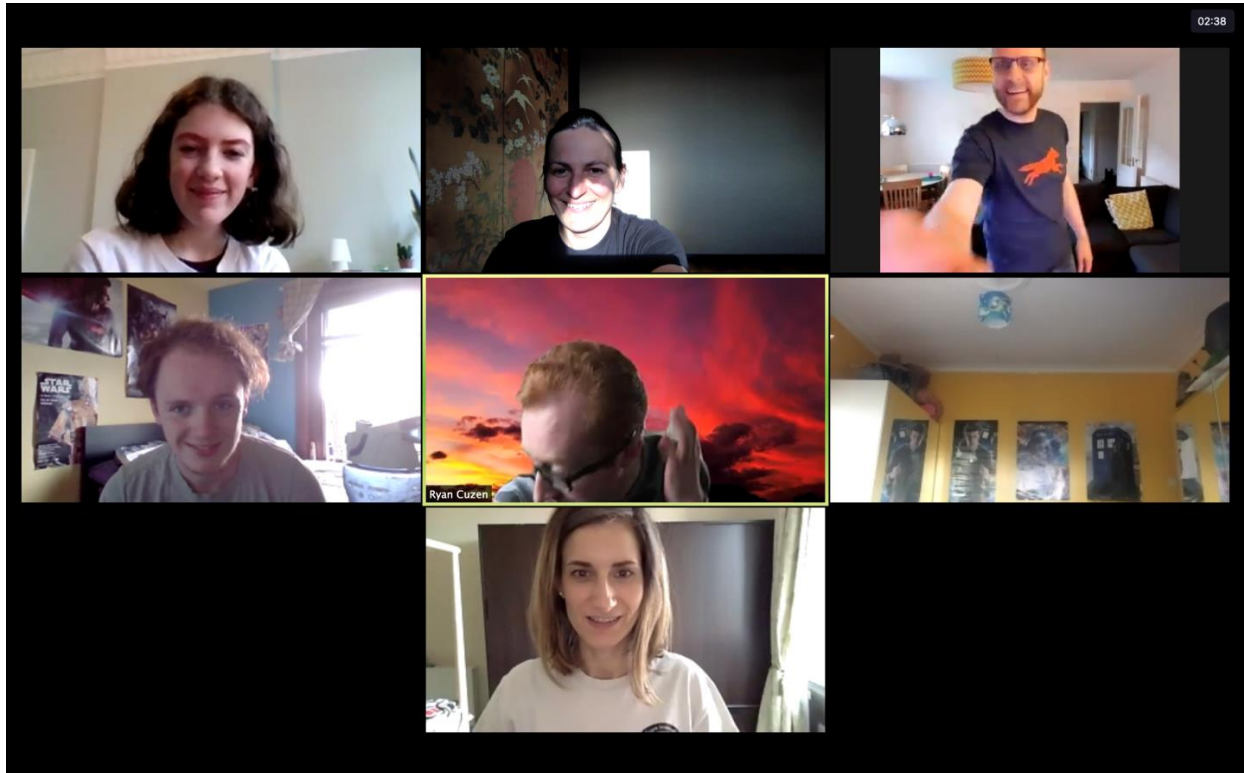
"Hi, I just wanted to say thank you SO much for the webinar, I absolutely loved it, felt really connected and uplifted by it!" – WOMANity Participant



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WOMANity – our WOMANity programme is focussed on helping women cope with any issues or challenge they are facing in their lives. We provide a safe space for women to come together and experience different activities. Most of the activities are based around physical activity, movement and self-defence techniques. These sessions are posted on our Facebook Page as a Facebook Event, to sign up women then message us and they will receive an invite to the sessions. Prior to COVID these were practical face to face sessions at our base in Shawlands, however we have found that by removing travel has help to massively increase the participation and demand for this programme.



Wing Tsjun Scotland – Zoom Session with some of the club members

FUTURE PLANS AND DEVELOPMENTS

Online Coach Education at the moment many of our volunteers have spare time and we are looking to use this window of opportunity to help up skill these volunteers through online coach education courses.

Online / Zoom Classes we are going to continue some of these activities beyond the impact of COVID. The online experience has removed the travel and childcare barrier that existed when we delivered these sessions on a face to face basis. As a result we have seen more women participate in the programme and we aim to continue this approach beyond the lockdown phase of this pandemic.

Wing Tsjun Online Academy as mentioned above we are currently working on an online academy, we are currently filming and uploading our curriculum via videos onto Vimeo. The reason we are looking to use Vimeo is that we feel we can protect our curriculum where the content is passworded and we will have more control over who can access the content and we should be able to track who is using it.

