

## Press Release

# 咏春拳 BOEHLIG DEFENSE SYSTEMS®



International Association for Self Defense, Fitness & Violence Prevention

Head Office / Contact:

Boehlig Defense Systems  
Friedrich-Krupp-Strasse 5  
40764 Langenfeld  
Germany

Tel.: +49 2173 297 2015  
Fax: +49 2173 297 2016  
Mail: [headoffice@wingsjun.com](mailto:headoffice@wingsjun.com)  
Web: [www.wingsjun.com](http://www.wingsjun.com)

## **The Association**

**Boehlig Defense Systems** was created in **July of 2005** (then called, “**Wing Tsjun International / WTI**”) by Wing Tsjun Grandmasters **Thommy Luke Boehlig** and **Allan W. Fong**.

**WTI** was originally created to be an umbrella organization for Chinese Wing Tsjun Kung Fu as interpreted by Grandmasters Boehlig and Fong. As the company continued to grow, more disciplines were added to WTI’s curriculum and the entire business structure had to be reevaluated and reinvented.

In **2007**, **Allan Fong** officially handed the business over to **Boehlig**, who renamed it **Boehlig Defense Systems (BDS)** in order to fulfill the needs and requests of his ever expanding membership.

As stated in their company’s mission statement, **BDS** remains dedicated to offering their students a plethora of disciplines, each individually structured to improve one’s Fitness, ability to defend one’s self and self-confidence.

**At the moment, BDS offers the following spectrum of disciplines:**

**BDS Wing Tsjun** (Classic Chinese Wing Tsjun Kung Fu - available from Youth to Adults)

**BDS Kid’s Kung Fu** (4 y/o and up)

**BDS Prevention** (Courses for Violence Prevention - All ages)

**BDS Tactical** (Deescalation and Safety Techniques - Specialized for Police, Military and Security Forces)

**BDS Combat Fitness** (Fitness courses developed with the intention of elevating fitness levels, both physically and mentally)

**BDS Full-time Internship** (Working with BDS day to day with the end goal being learning how to work for oneself)

**Vocational Training for certification as “Sport/Fitnesskaufmann/-frau”** (We have been training young adults at BDS-HQ Germany for the correspondence school IHK since 2006)

## **BDS Countries**

As of February of 2015, BDS has schools in the following countries:

- Australia
- Belgium
- Brazil
- Columbia
- Germany
- Greece
- Luxemburg
- North Ireland
- Puerto Rico
- Scotland
- Spain
- Sri Lanka
- USA

## **Born of Civil Unrest, today into Modern times**

Wing Tsjun comes from China and belongs to the Kung Fu family (“Kung Fu” literally means, “Hard Work”). As legend has it, this branch of martial arts came to be some **350 years ago** in the midst of civil war, invented by two women. Over the course of many, many years, it was passed down generation to generation, each student adjusting their own practice just to become teachers themselves before passing the torch again.

The **most famous Kung Fu artist would have to be Bruce Lee** (b:1940 - d:1973), who through his many films and celebrity status was able to elevate and promote Kung Fu to what it is today: a household name.

A few years ago, the Hongkong movie industry produced the **Ip Man films**, which, through their portrayal of the life of their title character (Bruce Lee’s teacher, Wing Tsjun Grandmaster **Ip Man**), were able to first put Wing Tsjun on the global radar.

## **Using the strength of your attacker against him/her**

Though it may sound strange, **Wing Tsjun is not a form of “sport fighting”**, but rather an artistic cousin of self defense. Although WT training often consists of realistic sparring and often replicating dangerous situations, **there are no competitions or winners**, which is what truly makes a sport a sport.

To assure that these techniques never fall into dangerous hands, each teacher carries with him or her the responsibility of weeding out bullies through **at least one month of trial training**. WT is often referred to as the alternative to fighting as it is, in its purest form, nothing more than self defense.

WT is made up of few - albeit very specialized - techniques, each intended (in any number of combinations) to be **applicable in any fighting situation**. This makes it easy for almost anyone to learn and master WT; independent of the user’s strength (or lack thereof) and size. Those familiar with WT know that by **utilizing the power and momentum of your opponent, size and strength become irrelevant**.

WT almost exclusively uses the strength and momentum of the attacker in its application, which makes it the ideal method of self defense for women, who may not trust their own strength in comparison to that of their attacker.

## **Anticipating and Preventing Danger**

Through role playing, students are given the chance to experience and react to any number of different “real life” and “everyday” situations (e.g.: an altercation at a party, pre-test stress, dealing with anxiety, emergency situations, etc). WT’s motto is very simply:

*“Every fight avoided is a fight won.”*

Should a fight become unavoidable, WT students are taught effective ways to deescalate the fight as quickly and peacefully as possible.

## **Daily self-confidence**

**Self confidence** is one of the most important gifts one can give their children. Children with high self esteem are often much more successful in school, are all around happier, healthier and, maybe most importantly, usually have a very strong sense of right and wrong. Children with low self esteem may act shy (when they aren't typically that way) or afraid in new situations, or are on the complete opposite end of the spectrum regarding how they handle situations with a lot of stress: they may react too impulsively or show disproportionate amounts of hyperactivity and/or aggression.

## **BDS Kid's Kung Fu**

Grandmaster Boehlig has created a children's Kung Fu program **which incorporates many different types of martial arts**, not only those associated with Wing Tsjun Kung Fu. His students practice moves from other disciplines (e.g.: liver hook from boxing or a shoulder check from Judo) in addition to WT Kung Fu, including how these techniques are used **AND** how one defends themselves against other types of martial arts.

## **Ethical Thinking**

This program is **not only about learning self defense techniques, but also how to behave in a moral and ethical way**. This starts with changing the way that one thinks. BDS instructors place a large amount of importance on such moral concepts as **honesty, loyalty, integrity and discipline**. Once a month, students are given a **homework assignment** with specific emphasis on morality, which they are to put real thought into and either fill out themselves or with an adult. Only with the cooperation of parents/guardians do children stand to receive the fullest benefit of Kung Fu training: **a generally positive outlook for life**.

## **Finding oneself through Kung Fu**

All children, falling anywhere on the spectrum from extremely hyperactive to intensely introverted, are afforded the same benefits from Kung Fu training. Kids learn how to break down whichever barriers stand in their way and are given **lifelong tools** that will help them to learn that the **techniques acquired through Kung Fu training are only to be used as last resort** and to use their training to help those in need. Kung Fu provides a necessary channel for energy that not only provides an energetic release, but also a way to restore energy lost in the everyday hustle of life.

## **Highest-level Training**

The certification process of BDS Kid's Instructors differs greatly than the certification of regular WT Instructors. Graduated Kid's Kung Fu Instructors are **put through additional training which expands far beyond just the technical, physical aspects of Wing Tsjun Kung Fu**. Graduates are schooled in **education, psychology and course structure**, in addition to their technical curricula. Additionally, the graduates are integrated by a "learning by doing" work experience, which includes a **six month internship** through the German BDS Academy.

# **PREVENTION**

**咏春拳 BOEHLIG DEFENSE SYSTEMS®**

Since 1996, BDS Instructors have been teaching a uniquely designed preventative program, (devised specifically to teach **deescalation along with effective self defense techniques as a last resort**) to schools/child care workers, government agencies and private companies.

The main goal of this rhetorically founded program is as follows: **give students the tools and confidence needed to handle any altercation, both physical and verbal, with minimal stress and effort.** This is often replicated through role-play exercises that attempt to mimic real life situations so that the student learns how to say “No!” with confidence, as well as how to size up a potentially dangerous encounter.

This intense schooling aims to improve both learning and concentration capacity, and often includes such sensitive topics as harassment and rape, in order to increase awareness and consciousness of real (often undiscussed) problems.

## **Here are some of the themes covered by BDS Prevention training:**

- Exercises aimed at elevating self confidence and avoiding victimization
- Deescalation through facial and body language
- Perceiving danger and improving reflexes
- Diverse ways of reacting, which differ from learned and ingrained gender roles
- Fear: from within oneself or through others, learn to accept and deal with fear
- Realizing and determining boundaries through role playing exercises
- Non-verbal, verbal, confrontation and assertiveness techniques (e.g. clear and concise communication that anyone can understand.)
- Train in a multitude of simple, applicable self defense techniques and strategies
- Emergency solutions, both verbal and physical

Participants can be divided by either gender or by age group, but this is not a prerequisite. BDS offers a flexible curriculum, each designed specifically for the group for which it was intended.

## **Come as you are!**

As per BDS philosophy, the teachers have no intention of changing the students, instead find and support each individual student in whichever phase or life situation that they currently occupy. Even with each's individual strengths and weaknesses, **the goal is to make each situation better, not simply change the scenery.**

Through training, the coaches can easily identify the individual's strengths and weaknesses, thereby strengthening one's better attributes at the same time as the weaknesses fall by the wayside.

Participants of a BDS Prevention course learn how to identify the path of least resistance, as well as learning how to deflect any resulting aggression. Any problems or questions not answered organically within a training session, there is always time for our students to ask questions and get the answers that they need.

Though these self defense strategies are taught in a group course atmosphere, **the trainers take the time to work with each student individually** to make sure that each student gets the most possible from each training session.

### **Learning to deal with stress**

*Anxiety, restlessness, fear, depression — stress has many names*

It doesn't matter if it's finals stress, fear of spiders, anxiety over a business meeting, or just that feeling of dread in the pit of your stomach, they all share the same fundamental origin: **Stress**.

Through **role playing exercises**, our students receive a very broad spectrum of situations that help them to deal with any number of possible stressful situations.

The end goal being that each student winds up with a stronger sense of who they are, **more confidence in themselves and, generally, a relaxed outlook in life.**

Through tried and tested simulations, each learns where their personal boundaries lie and how to, through conscious application, test those boundaries and even eventually find the power to change where they lie.

Each class ends with an “**assault simulation**” where students will have a chance to “**face off**” with an instructor, who is role playing as “the aggressor”. When the student is able to fend off our instructor with applied techniques learned through class, that's when it's finally clear: You've done it! And those able to fend off an attack without having to use Wing Tsun techniques, **THAT'S THE POINT. CONGRATULATIONS!**

Thanks to its overwhelming success and effectiveness in adhering to the standards set by Germany's Law of Reasonable Force, Wing Tsjun has (since 1993) been integrated into training for law enforcement officers throughout the North-Rhine Westfalia region in Germany.

Though the program BDS Tactical was founded on the traditional principals of Chinese Wing Tsjun, it needed to be optimized to fit **the needs of today's law enforcement officers.**

Self defense does not begin at the moment when an officer has to begin physically fending off an attacker.

More often, **self defense begins with the decision to be fully prepared for any extreme situation** that might arise; e.g. consciously developing an exit strategy in case of a potentially aggressive situation, or simply being able to read a situation and know the signs of a potentially dangerous confrontation.

### **BDS Tactical trains awareness.**

Officers benefit from the **observational skill training** they receive, they are able to size up dangerous situations better, more quickly, as well as how to react to this new influx of information.

The program offers **intelligent ways to deal with stressful, dangerous and unpredictable situations**, even when the learned deescalation tactics are not applicable.

The training also includes instruction on body language, both individually and as a group, defined in five different defense phases, which can be greatly effective in retreating from a dangerous situation.

The message is simple:

**"I know what I am capable of, which makes it easy for me to treat those around me with the utmost respect."**



# **COMBAT FITNESS**

**咏春拳 BOEHLIG DEFENSE SYSTEMS®**

**咏春拳 BOEHLIG DEFENSE SYSTEMS®**

Originally, BDS Combat Fitness was developed by Wing Tsjun Grandmaster Thommy Luke Boehlig, in cooperation with multiple fitness experts, as **to improve and further both fitness and performance of his top Wing Tsjun fighters.**

From there, BDS Combat Fitness has grown into a program for everyone which not only **significantly improves athletic performance, but offers a fast (if not also arduous) way to a great figure.**

## **Athletic and strong - FAST!**

BDS Combat Fitness is heavily based on “High Intensity Intervall Training” (HIIT), which eliminate the need for unnecessarily long workouts. BDS Combat Fitness classes last a maximum of 30-45 minutes and still manage to **improve strength, performance, health and fast muscle growth.**

At the end of the day, BDS Combat Fitness is both a form self defense as well as strength training, which offers the following benefits:

- **Speed in attack movements**
- **Agility, dexterity and flexibility**
- **Learning balance**
- **Learning the movements of your own body**
- **Strength and endurance**
- **Increased motivation**

## **Apprenticeship**

The **full time Internship** offered through the international Organization (BDS) is available in the German cities of Leichlingen and Langenfeld. From 2:30pm - 10:00pm, Monday through Friday, on the job training to become a BDS Instructor is available to approved applicants.

**In addition to the classical and martial arts specific schooling, those participating in BDS' internationally recognized program will be trained in student/member relations, marketing, group education, financial planning, book keeping, importing/exporting goods to sell, IT and advertising.**

And it's not just the beginners who take BDS courses to learn how to be group instructors. BDS offers individual classes to anyone qualified, which means that these classes are attended by not just trainees, but also National Trainers have been known to use these as refresher courses from time to time.

Grandmaster Boehlig has been working full-time in his field since 1995. In 2005, Wing Tsjun International was founded in Germany and since then, Boehlig has been training Merchants of Sports and Fitness for the German Chamber of Commerce in Cologne.

Those interested in a full time Internship are asked to get in touch with BDS-HQ in Germany.



## **Grandmaster Thommy Luke Boehlig**

Wing Tsjun Grandmaster Thommy Luke Boehlig has been studying Wing Tsjun since 1991 and carries with him, through his position as international seminar leader and head examiner of Boehlig Defense Systems, the responsibility of spreading this style of martial arts throughout the world.

Boehlig has been teaching Wing Tsjun exclusively since 1995 and has come to be known the most continually nominated Martial Artist in the world. Learning directly under Grandmaster Allan Fong, who himself was trained by GM Leung Ting in the same school as Kung fu legend, Bruce Lee.

Boehlig is a published author and trainer for intervention techniques for government officials in the cities of various Police forces. His programs have been implemented into the training curriculum for officers at the Police Academy in Colombo, Sri Lanka. Brazilian special Police unit BOPE in Maceió and the "Policia Environmental" receives tuition by him and his team and also German law-enforcement authorities have been trained in his programs for many years.

Boehlig is an official instructor for the Cologne Chamber of Commerce and Industry in Germany and constantly on the road to spread the arts BDS offer. Today, he is one of the most prominent figures in the Wing Tsjun scene. He lives in Germany and travels worldwide to speak and teach.

- Thommy Luke Boehlig was born in Solingen, Germany on April 13, 1976.
- At age of 6, he began with started Judo, followed by Shotokan-Karate and Thai-Kickboxing.
- In 1991 Boehlig began with Wing Tsjun Kung Fu, which would later become his profession.

His teachers were stars of the WT scene, such as Grandmaster Keith R. Kernspecht, Sifu Emin Boztepe, Sifu Stefan Fischer, Sifu Hans-Peter Edel and Sifu Thomas Schroen.

- From 1996-2000 Boehlig moved from Germany to Australia to build up the Australian WT schools in Perth and Fremantle under National EWTO Instructor Sifu Stefan Fischer.
- In 1997 he successfully completed the professional training course in close-protection at the IPSO Security Academy in Heidelberg / Germany.
- In 2000 he founded his own security company „Proserv Security“ with partner Christopher Nwazuoke.
- Between 2000 and 2002 he had appearances in German television shows „Die Wache“ and „Unter Uns“.
- He also pushed his musical career. He released the CD „Hintern Horizont“ with the project „Das Motiv“ (Dance Street Records) and took acting, hip hop singing, guitar, bass guitar and drums lessons.
- In 2002 Boehlig was appointed as Scottish National Trainer for WT within the EWTO by Grandmaster Kernspecht.

Later that year he was awarded the distinguished title "Sifu" by the EWTO Organization.

- From 2000-2003 he starred again in the German TV show „Die Wache“ and acted as stunt choreographer for the TV series „Unter uns“ in Cologne / Germany.
- In 2004 he worked as a close-protection bodyguard for buddhist high priest Zuiou Inuoe and Cardinal Felix Machado of the papal council of the Vatican.

- In 2005 he founded the martial arts organization "Martial Arts International" (along with Wing Tsjun Grandmaster Allan Fong, Eskrima Suro Emanuel Hart and ChiKung Sifu Thomas Resch) as the overall martial arts governing body for Wing Tsjun, Eskrima and ChiKung.
- In 2005 Boehlig was awarded the master level of Wing Tsjun, becoming the second highest ranking Wing Tsjun teacher within Wing Tsjun International.
- The German Chamber of Industry and Commerce of Cologne appointed him Trainer of Merchants of Sports and Fitness.
- Additionally he was appointed "Master of Wing Tsjun" and "Dai-Sifu" by Grandmaster Allan Fong, making him head of this style of MA.
- In 2006 he accepted the appointment as international chief examiner of Wing Tsjun International and he became trainer of the City Police of the German cities Langenfeld and Hilden for intervention techniques.
- In 2007 he published his first book "The Art of Fighting" and the DVD "Wing Tsjun".
- In 2009 he appointed his oldest student Sifu David Martin Pascual to become a master of Wing Tsjun, which traditionally made him grandmaster of the style.
- 2010: Due to the fact that now his organization no longer exclusively offered Wing Tsjun, he changed the name of his cooperation to Boehlig Defense Systems (BDS).  
By then the branches of the BDS comprised BDS Wing Tsjun (for adults and teenagers), BDS Kung Fu (a program specifically designed for children between 4 and 12 years) and BDS Prevention (a psychological course which has its focus in avoiding a violent situation verbally).
- 2011 the BDS offer was extended by the law-enforcement training branch BDS Tactical.
- 2013 he published his second book „Siu Nim Tau – a little idea“.
- In 2014 the fitness concept BDS Combat Fitness was launched to complement the existing curriculum.
- Later in 2014, he became the official instructor of intervention techniques for correction officers at the penal institution in Iserlohn, Germany.
- Additionally he was appointed "Scientific Advisor for Deescalatory & Control Techniques by the initiative "Sprache gegen Gewalt" (Language against violence).