



THEORY

SG1 Define: Kung Fu
SG1 Define: Wing Chun Chuan
SG1 Define: Siu Nim Tao
SG1 Define: Feeding
SG1 Define: Tracking

SG2 Define: The Centrelines

SG3 Define: The WC Fighting Principles
SG3 Explain: Fight Categorisation

FORM

SG1 Siu Nim Tao:
 Opening (Hoi Sik).
 Part 1: Section 1, Section 2, Section 3

SG2 Siu Nim Tao:
 Part 2: Section 4, Part 3 first part: Section 5

SG3 Siu Nim Tao:
 Part 3 continued: Section 6, Section 7, Section 8, Section 9

CHI SAU

SG1:

- Wedge with Forward Pressure
- 4 Corner Impulses

SG2: oX Core Pressure

- Crushing Pressure
- Retreat
- Crossing Centre
- Slide Off

SG3: 4 Gates Controlling Centre

LAT SAU

SG1:

- Hau-Pak Sau vs Punch
- Pressuring the Guard

SG2: Gau Cha Sau Roll

- Crushing Pressure
- Low Punch
- Swing
- Side Change/Triangular Footwork

SG3: Lat Sau Roll

- Side Change/Triangular Footwork
- Pak-Gum Cheung Attack
- Pak-Gum Cheung Attack, Knocked Across and Countered
- Pak-Gum Cheung Attack, Stopped and Countered
- Roundhouse Kick
- Snap Kick
- Thrust Kick

SELF DEFENCE

Rotation 1, Grabs:

SG1:

- Single X Grab
- Single [] Grab
- Headlock

SG2:

- Double [] Grab: from broken range
- Double Low [] Grab: from contact
- Throat or Shirt Grab

SG3:

- Single X Grab & Punch, meet iX
- Single X Grab & Punch, meet oX
- Single [] Grab & Punch, meet o[]
- Single [] Grab & Punch, meet i[]
- Double Low X Grab and punch

Rotation 2, Ambushes:

SG1: Flinch: vs all 4 Bridges

SG2: Pummelled with release

SG3:

- Flinch vs Push & 2+ Punches
- Flinch vs Pull & 2+ Punches
- Flinch vs Barge & 2+ Punches
- Recovery vs 2+ Punches

Rotation 3, Confrontations:

SG1: Reactive, from Contact:

- vs Open Guard and Punch
- vs Compact Guard and Punch

SG2: Reactive, from Broken Range:

- vs Open Guard and Punch
- vs Compact Guard and Punch
- vs Long/Side Guard and Punch

SG3: Proactive, from Broken Range:

- vs Open Guard
- vs Compact Guard
- vs Long/Side Guard, [] and X

NOTES