



## THEORY

*Define:* Kung Fu

*Define:* Wing Chun Chuan

*Define:* Siu Nim Tao

*Define:* Feeding

*Define:* Tracking

## FORM: Siu Nim Tao

Opening (Hoi Sik)

Part 1: Section 1

Part 1: Section 2

Part 1: Section 3

## CHI SAU

### Inside Gate Wedge with Forward Pressure

- Static and dynamic.
- Arms drop/swing attack, i[] Wedge attacks shoulders.

### Outside Gate 4 Corner Impulses

- Using Hau-Pak Sau to deflect impulses to shoulders/hips.

## LAT SAU

### Hau-Pak Sau vs Punch

- Using Hau-Pak Sau to deflect centreline punches, plus defending swing with Seung Fook Sau.

### Pressuring the Guard

- Moving forwards and backwards with a partner using Dan Bin Ma, making the inside and outside wedges each time.

## SELF DEFENCE

All three grades train the same Self Defence rotation together, but focus on different sub-areas within it when it comes to the grading itself. *You will only train and be graded on the current rotation.*

### Rotation 1, Grabs:

Single X Grab	Single [] Grab	Headlock
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### Rotation 2, Ambushes:

Flinch against all 4 Bridges: oX, iX, o[], i[]

### Rotation 3, Confrontations:

Reactive, from Contact vs Open Guard and Punch	Reactive, from Contact vs Compact Guard and Punch
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