



THEORY

Define: The WC Fighting Principles

Explain: Fight Categorisations

FORM: Siu Nim Tao

Part 3: Section 6

Part 3: Section 7

Part 3: Section 8

Part 3: Section 9

CHI SAU

4 Gates Controlling Centre.

- Impulses through the arms near wrist or elbow, using both inside and outside gates, in various stances.

LAT SAU

Lat Sau Roll	Side Change / Triangular Footwork
Pak-Gum Cheung Attack	Roundhouse Kick
Pak-Gum Cheung Attack, Knocked Across. Plus counter	Snap Kick
Pak-Gum Cheung Attack, Stopped. Plus counter	Thrust Kick

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 & Punch, meet punch iX	Single X Grab & Punch, meet punch oX
Single [] Grab & Punch, meet punch o[]	Single [] Grab & Punch, meet punch i[]
Single Throat or Shirt Grab and follow up strike	Double Low [] Grab and follow up strike

Rotation 2, Ambushes:

Pushed then Flinch: vs any 2 Punches	Shoved then Flinch: vs any 2 Punches
Pulled then Flinch: vs any 2 Punches	Punched: Recovery

Rotation 3, Confrontations:

Proactive, from Broken Range: vs Open Guard	Proactive, from Broken Range: vs Long/Side Guard []
Proactive, from Broken Range: vs Compact Guard	Proactive, from Broken Range: vs Long/Side Guard X