



PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 5/6

v. October 2021

Student Name: _____ Grading: 5th Level

SYLLABUS

Theory

The Student should be able to explain the following of the system's underlying concepts:

- Realistic (Self -defense)
- Technique and structure instead of muscular strength
- The purpose of Chi Sau (Sticky hand)
- The principle of Chi Sau as a training and how it is different to real life "fighting"

Training individually

- Footwork with Sub Jee Ma (Cross step) combined with single hand technique

Pad Works

- Free Style Pad Work (4 corners + straight punch + hammer fist)

With a partner

- All techniques from section 1 (left hand & right hand)

The 8 Punches from Wooden Dummy

- The 8 Punches in double hand sticky hand

Self Defence

- Against push and shove (eg. Tai Chi or any other sticky style Kungfu)

Chi Sau (Sticky Hand)

- Single hand sticky hand/single hand sticky hand stepping (single hand Chi Sau)
 - Single hand sticky hand
 - Side 1: Tang Sau (neutral position) + Forward palm + Bong Sau
 - Side 2: Fook Sau (neutral position) + Loy Jarn + Punch
 - Single hand sticky hand stepping
 - Single hand sticky hand eyes closed
 - Double hand sticky hand/ double hand sticky hand stepping (double hand Chi Sau)
 - Poon Sau (like driving motion)/Poon Sau stepping/change hands rolling
 - Look sau (free flowing)
 - Two hands outside
 - Two hands inside
 - Push with Bong Sau
 - Push with Fook Sau
 - Pull with Tan Sau
- } - mix, without striking

8 Types of back fist

- Single hand Bien (Parry back fist)
- Circle Bien (Back fist)
- Lap Bien (Grab back fist)
- Double hand Pak Bien (Parry back fist)
- Shield into Bien (Back fist)
- Elbow row Bien (Back fist)- over the bridge
- Under bridge grab passing Bien (Back fist)- under bridge
- Mang Bien (Pull back fist)

Comment: