



# PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 4/6

v.October 2021

Student Name: \_\_\_\_\_ Grading: 4<sup>th</sup> Level

## SYLLABUS

### Theory

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

- The principle of simultaneous attack & defence
- The concept of 1 hand controlling 2 hands
- The principles of "No rules - just principles"
- The principle of keeping knee & elbows in 135 degree angle
- The principle of being relaxed

### Training individually

- Combining Section 1 single hand technique with Section 2 and vice versa
- Training all techniques on wall bag

### Pad Works

- 4 corner drill (random order) (top left/top right/bottom left/bottom right)
- + straight punch (jab cross)

### Combination Drills (2 hands)

- Section 3. Stepping & moving around: Pak Da, Tiu Da, Gang Da, Bong Sau, Po Pie

### Chi Sau ( Sticky Hand)

- Bong Lap Chi Sau
  - Understanding Bong Lap Chi Sau
  - Pivoting & switching sides Bong Lap Chi Sau
  - Stepping (Single & double step)
  - Adding techniques in Bong Lap Chi Sau (4 quadrants)
    - i. Section 1 techniques
    - ii. Section 2 techniques
    - iii. Section 3 techniques
    - iv. Mixing Section 1,2,3 techniques
    - v. Bong Lap Chi Sau into 8 punches from the Wooden Dummy
    - vi. Bong Lap Chi Sau into Free style

### The 8 Punches from Wooden Dummy

- Mixing the 8 punches randomly with a partner (mixing sequences)

### Self Defence

Defend against:

- Chokes from behind
- Chokes from side
- Grabs to head, hair and clothing