



PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 3/6

v.October 2021

Student Name: _____ Grading: 3rd Level

SYLLABUS

Theory

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

- The principle of diagonal crosses
- The Theory behind the turn/pivot (Chuen Ma) in Practical Wing Chun with the heel as pivoting point.
- Spinning theory of Bong Sau and when to use it.
- G Jee Ma (Zig Zag step)

Training individually

- The third part of the form (Siu Lim Tau), Understanding of every single technique
- Learn all the palms in Siu Lim Tau (7 palms)

With a partner

Perform different techniques of section 3 with single hand and also double hand

- Pak Sau (Parry outside/inside, forearm & hand)(x4)
- Tiu Sau (Outside& inside against straight line attack & circular attack)(x2)
- Gang Sau (Same side/opposite side) + Strike (x2)
- Bong Sau + Wu Sau (same and opposite side)(x2)
- Po Pie (Any 2 palms together)
- Pak Bien (Parry backfist)- Outside & inside parry + Back fist (motion downward)
- Lap Bien (Grab into backfist)- Outside & inside part +Back fist

Pad Works

- Hooks (Using Tiu/Hoi/Shield)
- Pak Da (Partner feed straight punch)
- Gang Da (Partner feed straight punch)

Flow Drill (Section 2)

- Pak Tiu - Loy Jarm + Gang (cross side) + Finishing strike
 - Jum, Bong (change hand) + Finishing strike
-) Loop these drills

Combination Drills (2 hands)

- Everything from SLT 2. Gum Sau, Hoi, Hup, Fen, Dou sau, Jut, Bien, Pok Jeung

The 8 Punches from Wooden Dummy

- No. 5 Gwat Da
- No. 6 Chuen Da
- No. 7 & 8 One out one in and vice versa one in one out.

Self Defence

Defend against:

- jab
- cross
- upper cut
- hay maker

Comment: