



PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 1/6

v.October 2021

Student Name: _____ Grading: 1st Level

Siu Lim Tau (SLT) is the first form in Wan Kam Leung Practical Wing Chun (WKLWPC). The theory of SLT represents the foundation for the rest of the system. The principles of SLT are primarily about fighting at close distance (economy of movement, efficiency and technique over strength). Characteristics of the training is focusing on the center lines, diagonal lines and angles that create the foundation behind the basic elements such as balance, strength, timing, simultaneity and control. PWC SLT is divided into 6 grades + 1 Instructor grade.

SYLLABUS

Theory

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

- The purpose behind each movement in the first part of the form (Siu Lim Tau)
- The five centre lines
- The principle of keeping knees and elbows in a 135 degree angle
- The principle of keeping your elbow in
- The principle of being relaxed

Training individually

- Siu Lim Tau- The first art of the form
- Dan Ma (Single short step)
- Double step (Shon Ma) forward and backward, coordinated with punches, the Student should be able to perform the exercise with 1, 2 or 3 quick steps

With a partner

- Shield- Understand the basic shield & stance
- Mai Jarn (Punch with the elbow in) – Stationary, how to hold a fist with single & double step
- Mai Jarn (Punch with the elbow in) - Stepping in/Out
- Sheung Gaw Cha Sau (Upper Crossing Hand) – top, left, right (3 sides)
- Lap Da (Grab & hit)
- Single crossing hand into Lap Da
- Ha Gaw Cha Sau (Lower Crossing Hand)
- Tan Sau
- Hau Pak Sau (Back Parry)
- Pak Tan (Outside, inside, split, trap) - x8
- Fook Sau (same side forward + back, cross side forward + backward) left & right (x 8)
- Wu Sau (same side forward + back, cross side forward + backward) left & right (x 8)
- Lai (Drag + forward palm) - single hand, double hand in + out. Left & right, double hand inside + check back hand (x 8)
- Forward Palm- How to strike with palm

Pad Works

- Lap da (partner feeds straight punch, grab & hit + finish off).
 - Pak tan da
 - Lai (outside/inside + forward palm + finish off)
-) + shield (vice versa)

Flow Drill (Section 1: one hand)

- Pak Tan (outside) Fook (same side forward) Wu (cross side forward)
- Fook (cross side backward) Wu (cross side backward) Pak Tan (inside)
- Wu (same side backward) Pak Tan (one in one out) Fook (cross side forward)

Self Defence

- Defence against basic grab, forehead grab, cross hand grab, double hand grab