

TERMINOLOGY LIST FOR SLT 2

左 / 右 攞 手	Jor Yau Gam Sau	Left/Right Pressing Hand
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後撲掌	Hou Pok Jeung	Back Pouncing Palm
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前 攞 手	Chin Gam Sau	Forward Pressing Hand
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開	Hoi	Opening Hand
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合	Hup	Closing Hand
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分手（分標指手）	Fen Sau (Fen Biu Ji Sau)	Dividing Hands (Thrusting Fingers)
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塞手	Jut Sau	Sharp Sinking Hand
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逗手	Dou Sau	Lifting Hand
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下撲掌	Ha Pok Jeung	Downward Pouncing Palm
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上 / 下鞭拳	Seung/Ha Bien Kuen	Upper/lower Whipping Fist
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PRACTICAL WING CHUN AUSTRALIA

SIU LIM TAU

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 3 sections of the form plus the final 'FLOW' level.

SECTION 2 SYLLABUS

Minimum Requirement training period before grading:
6 months and at least 48 classes (roughly 2-3 classes a week)

Students are expected to participate and pass the grading before they can proceed to Section 3

STUDENT NAME: _____

THE FORM

- ☐ Section 2 of the Form

FOOTWORK/ TRAINING INDIVIDUALLY

- ☐ G Jee Ma (Zig Zag Step)
- ☐ Combination of Da Ma (single step), Shon Ma (double step), and G Jee Ma
- ☐ Wall Bag Strikes – Punches, Palm Strikes, Hoi Sau and Back First

THE 8 PUNCHES FROM THE WOODEN DUMMY

- ☐ No. 3 Jum Da - Diagonal attack punch
- ☐ No. 4 Lai Da - Drag punch in reverse motion and strike
- ☐ Mixing Jum Da and Lai Dai in different combinations

TECHNIQUES

- ☐ Gum Sau – One on each hand, two on left hand, two on right hand, cross sides and two on back hand (5 variations)
- ☐ Hou Pok Jeung – Back palm
- ☐ Hoi Sau – Use to control hand/arm, use with pak sau and strike to the head (inside/outside)
- ☐ Hup Sau - Close in centreline
- ☐ Fen Sau - Outside, inside, checking hands, control torso
- ☐ Jut Sau - Same side, opposite, outside
- ☐ Dou Sau – Single hand control, two on one control and two on two
- ☐ Ha Pok Jeung - Lower palm strike
- ☐ Bien Kuen (back fist)– Variations sheung(up)/ ha(down) bien kuen single hand, double hand using pak sau

PAD WORK

- ☐ Hoi - Against hooks
- ☐ Bien Kuen - Back fist up/down - mixing combo against straight punch + hooks

FLOW DRILL

- ☐ Outside Gum Sau, Outside Hoi, Outside Hup
- ☐ Outside Hup, Gum Backhand, inside Hoi
- ☐ Outside Hoi, Outside Hup, Inside Gum Sau
- ☐ Outside Fen Sau, Same side outside Jut, Lap Bien Kuen
- ☐ Cross side outside Jut Da, inside Fen Sau, split Bien Kuen
- ☐ Outside Pak Bien Kuen, Outside Fen Sau, Cross side inside Jut Da

COMBINATION DRILL

- ☐ Everything from Section 2 – Gum Sau, Hoi, Hup, Fen, Jut, Ha Pok Jeung, Bien Kuen

SELF DEFENCE

- ☐ Choking by hands, single hand & double hand chokes

FREESTYLE APPLICATION

- ☐ Freestyle – with footwork to control opponents balance

EXERCISE AND CONDITIONING

- ☐ 10 Walk down push ups
- ☐ 10 Burpees with push ups
- ☐ 10 Squat jumps
- ☐ 3 Laps of crocodile walk
- ☐ 10 Rounds of 5 second holds (Superman)

STUDENT NOTES