PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 6/6

v.October 2021

Student Name: _____ Grading: 6th Level

SYLLABUS

Theory

The Student should be able to explain strategic & tactical considerations in the following situations:

- ☐ Different fighting range (punch, kick, trapping, clinching (ground/standing)
- ☐ The opponent is within range
- ☐ The opponent is out of range
- ☐ 4th centreline theory and application in real life

Training individually

- ☐ Bag work

With a partner

- ☐ Sticky hand →Bong Lap Chi Sau→ Poon Sau→ Look Sau→ Free Style

The 8 Punches from Wooden Dummy

- ☐ Execute on Wooden Dummy

San Sau

The following exercises should be performed both standing and moving + defend attacks freestyle with:

- ☐ Mix of different hands/techniques from all sections of SLT

Self Defence

- ☐ Defend against 2 attackers (punchers)
- ☐ Protect family member against attackers

Chi Sau (Sticky Hand)

- ☐ Double hand Chi Sau (Sticky hand/left & right)- All techniques from section 2,3
- ☐ Gor Sau (freestyle from Sticky hand)

Conditioning

- ☐ x 30 Push up (push movement)
- ☐ x 30 Burpees (increase heart rate)
- ☐ x 30 Sumo squats (full body exercise)
- ☐ x 30 Lunges
- ☐ x 30 Side jump
- ☐ 1.5 min Plank
- ☐ x 30 Crunches x 30 V sits x 30 Leg raise (equivalent)

➥ Preparation for FREE STYLE x 10 rounds (non stop)

Front Kicks

➔ Preparation for Chum Kiu form- 2nd empty hand form

- ☐ Front Kick (stationary)
  - Back leg kick
  - Front leg kick
- ☐ Stepping (single step) x R/L
  - Back leg kick
  - Front leg kick
- ☐ Stepping (double step)
  - Back leg kick (stepping forward)
  - Front leg kick (stepping backward)
- ☐ Half step kick forward
  - Back leg half step forward, front leg kick
  - Front leg half step backward, back leg kick
- ☐ Combine kicks with shielding + finish off
- ☐ Zig zag step + above front kicks