

## TERMINOLOGY LIST FOR SLT 1

上/下交叉手	Sheung Upper/Ha (Lower) Gow Cha Sau	Upper and Lower Crossing Hands
後踭	Hau Jaan	Backward Elbow
出拳 (埋踭 / 飛踭)	Chut Kuen (Mai Jaan/Fei Jaan)	Punch (Elbow in/ Elbow Out)
圈手	Huen Sau	Circling Hand
攤手	Tan Sau	Dispersing Hand
護手	Wu Sau	Protecting Hand
伏手	Fook Sau	Covering Hand
後拍手	Hau Pak Sau	Backward Parry Hand
正掌	Jing Jeung	Frontal Palm



## SIU LIM TAU

Siu Lim Tau (SLT) is the first form in Wan Kam Leung Practical Wing Chun (WKL PWC). 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.

## PRACTICAL WING CHUN AUSTRALIA

### SECTION 1 SYLLABUS

Minimum Requirement training period before grading:  
4 months and at least 32 classes (roughly 2-3 classes a week)

Students are expected to participate and pass the grading before they can proceed to Section 2

STUDENT NAME: \_\_\_\_\_

## THE FORM

- ☐ Section 1 of the Form

## FOOTWORK/TRAINING INDIVIDUALLY

- ☐ Dan ma – Single step forward and backward
- ☐ Shon Ma – Double step forward and backward

## THE 8 PUNCHES FROM THE WOODEN DUMMY

- ☐ No 1. Mai Jaan - Elbow in punch
- ☐ No 2. Fei Jaan - Elbow out punch

## TECHNIQUES

- ☐ Shield + cover with other hand
- ☐ Sheung Gaw Cha Sau – Upper crossing hand into technique
- ☐ Lap Da - Grab and hit with single crossing hand, double hand grab
- ☐ Ha Gaw Chau Sau + Mai Jaan - Lower crossing hand + elbow in punch
- ☐ Pak Tan Da – Using Tan Sau and Hau Pak Sau, outside, inside, split, trap
- ☐ Fook Sau – Same side forward + back, cross side forward + back
- ☐ Wu Sau - Same side forward + back, cross forward + cross backward
- ☐ Lai Jing Jeung – Drag + forward palm strike, single hand, double hand outside, double hand inside, double hand inside check

## PAD WORK

- ☐ Lap Da (partner feeds straight punch, grab & hit + finish off + shield)
- ☐ Pak Tan Da + shield
- ☐ Lai Jing Jeung (outside/inside + forward palm + finish off) + shield
- ☐ 4 corner drill (random order)

## FLOW DRILL

- ☐ 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)

## COMBINATION DRILL

- ☐ Everything from SLT 1 - Cross hand variations, elbow in punch, elbow out punch, Lap Da, Pak Tan, Fook, Wu, Lai Jing Jeung

## SELF DEFENCE

- ☐ Defence against basic grab, same side grab, cross side grab, double hand grab

## FREESTYLE APPLICATION

- ☐ 1 Step freestyle – applying techniques while covering the centreline

## EXERCISE AND CONDITIONING

- ☐ 10 Push up
- ☐ 10 Side to Side Jumps
- ☐ 10 Burpees
- ☐ 10 Ankle Touch
- ☐ 10 Squats

## STUDENT NOTES