



PRACTICAL WING CHUN QLD GRADING

Siu Lim Tau 2/6

v.October 2021

Student Name: _____ Grading: 2nd Level

SYLLABUS

Theory

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

- The purpose behind each movement in the second part of the form (Siu Lim Tau)
- The difference between the long and short footwork (Shong Ma and Dan Ma)
- Showing a hand/technique that 2 different centre lines meet.
- The purpose of Pin Sun Ma (side step)

Training individually

- The second part of the form (Siu Lim Tau), Understanding of every single technique
- Wall bag: punch, palm, hoi & back fist

With a partner

- Fay Jarn (Elbow out punch)
- Gum Sau (one on each hand- same side, one on each hand- cross side, two on one (left), two on one (right), two on back hand (x5))
- Hou Pok Jeung (Back palm)
- Hoi Sau (Open chop) + Open chop hand, Open chop neck/ head
- PaK Hoi (Parry open chop) inside & outside (x2)
- Lap Hoi (Grab open chop) inside & outside (x2)
- Hup Sau (Closing technique)- Back into crossing hand
- Fen Sau (Splitting hand)- Outside, inside, checking back hand, control torso (x4)

With a partner (continued)

- Dou Sau (Two on one, two on two) (x2)
- Jut Sau (Same side, opposite, outside) (x3)
- Ha Pok Jeung (Lower palm)- Single hand, double hand
- Sheung Bien Kuen (Upper back fist)- Single hand/double hand
- Ha Bien Kuen (Lower back fist)- Single hand/double hand
- Split entry backfist (Upward/downward motion)

Pad Works

- Hoi (against hooks)
- Back fist up/down - mixing combo (against straight punch + hooks)
- Elbow out punch

Flow Drill (Section 2)

- Hoi + Hup combination (Hoi hup hup hoi, etc. - in different sequence)
 - Fen Bui + Jut- Mixing 4 types of Fen + 3 types of Jut
 - Bien Kuen (back fist) - Single Hand & Double Hand: Downward motion/ upward motion/Pak Bien (parry)
-) Loop these drills

Combination Drills (2 hands)

Everything from SLT 1. Different variation of the same techniques (inside, outside, cross side) Cross hands, elbow in punch, elbow out punch, Lap, Pak Tan, Fook, Wu, Lai, Flow drill 1, Flow drill 2, Flow drill 3

The 8 Punches from Wooden Dummy

- No. 3 Jum Da (Diagonal attack punch)
- No. 4 Lai Da (Drag punch in reverse motion)

Self Defence

- Choking by hands, single hand & double hand chokes