

# DOJO CHATTANOOGA -- WING CHUN PROGRAM

## BEGINNING STAGE CURRICULUM

432 MARKET ST. CHATTANOOGA, TN 37402. (423) 267-0855.

### BEGINNING STAGE CURRICULUM: (Requirements for Yellow Sash in Wing Chun)

#### I. Form: Sil Lim Tao (Little Idea)

- A. Gong Lik (internal energy)
- B. Fa Ging (releasing power)

#### II. Basic Fundamental Skills

- A. Stances
  - 1. Basic Stance (Ma)
  - 2. Fighting Stance
- B. Footwork
  - 1. Advancing Step
  - 2. Advancing Shuffle
  - 3. Retreating Step
- C. Defensive Actions
  - 1. Gan Sau (palm down hand)
  - 2. Tan Sau (palm up hand)
  - 3. Huen Sau (circling hand)
  - 4. Wu Sau (guarding hand)
  - 5. Pak Sau (slapping hand)
  - 6. Jum Sau (sinking hand)
  - 7. Fook Sau (resting hand)
  - 8. Bong Sau (wing hand)
- D. Offensive Actions
  - 1. Chung Kuen (centerline punch)
  - 2. Lap Sau (grabbing hand)
  - 3. Jik Jeung (palm strike / heel)
  - 4. Front Kick

#### III. Reaction Training

- A. React with Basics when Attacked.
- B. Dan Chi Sao (single sticky hands)

#### IV. Wing Chun Principles

- A. Centerline Theory
- B. Posture and Center of Balance
- C. Simultaneous offense/defense
- D. Elbow Energy (casting)
- E. Yielding

### BEGINNING STAGE CURRICULUM: (Requirements for Orange Sash in Wing Chun)

#### I. Form: Sil Lim Tao (Little Idea)

- A. Gong Lik (internal energy)
- B. Fa Ging (releasing power)
- C. Basic Skills

#### II. Basic Fundamental Skills

- A. Stances
  - 1. Basic Stance (Ma)
  - 2. Fighting Stance
  - 3. Sideling Stance
- B. Footwork
  - 1. Advancing Step
  - 2. Advancing Shuffle
  - 3. Retreating Step
  - 4. Retreating Shuffle
- C. Defensive Actions
  - 1. Gan Sau (palm down hand)
  - 2. Tan Sau (palm up hand)
  - 3. Huen Sau (circling hand)
  - 4. Wu Sau (guarding hand)
  - 5. Pak Sau (slapping hand)
  - 6. Jum Sau (sinking hand)
  - 7. Fook Sau (resting hand)
  - 8. Bong Sau (wing hand)
  - 9. Lan Sau
  - 10. Jut Sau
  - 11. Gum Sau
- D. Offensive Actions
  - 1. Chung Kuen (centerline punch)
  - 2. Lap Sau (grabbing hand)
  - 3. Jik Jeung (palm strike / heel)
  - 4. Wan Jeung (palm strike / blade)
  - 5. Yan Jeung (pressing palm)
  - 6. Dai Jeung (plam fingers down)
  - 7. Fak Sau or Pek Jing (knife hand)
  - 8. Biu Jee (thrusing fingers)
  - 9. Front Kick
  - 10. Side Kick

#### III. Reaction Training

- A. React with Basics when Attacked.
- B. Dan Chi Sao (single sticky hands)
- C. Chi Sao (rolling and pushing only)

#### IV. Wing Chun Principles

- A. Centerline Theory
- B. Posture and Center of Balance
- C. Simultaneous offense/defense
- D. Elbow Energy (casting)
- E. Yielding