

DOJO CHATTANOOGA -- WING CHUN PROGRAM

BEGINNING STAGE CURRICULUM

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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