

# DOJO CHATTANOOGA -- WING CHUN PROGRAM

## REQUIREMENTS FOR WHITE SASH

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

### **Trevor Haines' Wing Chun Experience**

My original martial arts training began in 1977 in Chinese Kenpo. Eleven years later, I began my Wing Chun training in April of 1988 at Sacramento Kung Fu under Sifu Mike Del Campo. I was one of five students under Sifu Del Campo to earn a certificate of "completion" in the Wing Chun system. I have trained in all of the hand to hand skills of the system, the wooden dummy, the butterfly swords, and the long pole. In 1990, I was also fortunate to meet and be trained by masters Tsui Sheung Ting and Wong Sheung Leung at a seminar hosted by my Sifu.

### **Course Summary:**

Our objective is to introduce the student to the basic skills and concepts of the Wing Chun system. By completion of the introductory stage, a student will be competent in the basic blocks and strikes of the art that are necessary for self-defense. Students will also learn about the history of the art and will be instructed that the skills learned should only be used for self-defense.

### **Uniform Requirements:**

A traditional kung fu uniform is worn. If a student has earned a sash, the sash should be worn under the jacket and tie on the right side. Students may wear a school shirt instead of jacket.

### **Sash Designations:**

To recognize a student's progress in our Wing Chun School, a sash is worn. Upon an evaluation of the student's skill and experience, the appropriate sash is awarded.

Introductory Stage -- White Sash

Beginning Stage -- Yellow Sash / Orange Sash

Intermediate Stage -- Purple Sash / Blue Sash

Advanced Stage -- Green Sash / Brown Sash

Instructor Stage -- Red Sash / Black Sash

### **Kung Fu "Great skill achieved over time":**

Learning the sequences of the Wing Chun art is just the beginning of the process. By completing the Introductory Stage our expectation is that the student has also developed the skill of movement and understands the concept and strategy of the movement. Skill is the result of consistent, diligent practice.

### **INTRODUCTORY STAGE CURRICULUM: (Requirements for White Sash in Wing Chun)**

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

A. Gong Lik (internal energy)

#### **II. Basic Fundamental Skills**

A. Stances

1. Basic Stance (Ma)
2. Fighting Stance

B. Footwork

1. Advancing Step
2. Advancing 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)

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 Tan Sau and Punch.
- B. React with Gan Sau and Punch.
- C. React with Pak Sau and Punch.
- D. React with Lap Sau when blocked.
- E. React with Huen Sau when blocked.
- F. Hand positions for Dan Chi Sau.

#### **IV. Wing Chun Principles**

- A. Centerline Theory
- B. Posture and Center of Balance
- C. Simultaneous offense/defense

#### **V. Wing Chun History**

- A. Shaolin Origins
- B. Ng Mui (founder)
- C. Yim Wing Chun (first student)