

WING CHUN-UK STUDENT LEVELS 1-12 SYLLABUS OVERVIEW

SL 1. Defending against: Straight punches.

Main techniques: Punches, tan sau, pak sau, front kicks.

Syllabus: SL 1 lat sau sequence and 4 set applications.

Themes: Linear attacks. Basic off-lining and recognising changes in range.

SL 2. Defending against: Low punches & straight punches from various angles.

Main techniques: Gaun sau, gum sau, kum na sau.

Syllabus: SL 2 lat sau sequence and 4 set applications.

Themes: Off-lining left or right. Defending to left and right. Attacks high and low.

SL 3. Defending against: Backhand strikes.

Arm techniques: Bong sau, jum sau, lap sau.

Syllabus: SL 3 lat sau sequences x 3 and 4 set applications.

Themes: Introducing defence and counters to curved high attacks (backhand side).

SL 4. Defending against: Haymaker punches, high/low combinations & kicks.

Main techniques: Jut sau, fook sau, high gwat sau, bong gerk, tan gerk, fak sau.

Syllabus: SL 4 lat sau sequences x 2 and 4 set applications. Dan chi sau with steps.

Themes: Transitions between low and high attacks/defences.

SL 5. Defending against: close range attacks e.g. elbow strikes.

Main techniques: Gwai jarn, pie jarn, fan jarn, tok sau, side kicks.

Syllabus: SL 5 lat sau sequences x 2 and 4 set applications. Chi sau and Kwo sau.

Themes: Defend/attack in close range, mixing ranges, takedowns and counters.

SL 6.

Syllabus: Chi sau Section 1 (1 sequence). 4 set applications.

Themes: Attacking/defending inside and outside. Tan sau with yee ma.

SL 7.

Syllabus: Chi sau Section 1 (1 sequence). 4 set applications.

Themes: The four fook sau variations.

SL 8.

Syllabus: Chi sau Section 1 (2 sequences). 4 set applications.

Themes: Long wide attacks. Using mid level gwut sau. Countering bong sau.

SL 9.

Syllabus: Chi sau Section 1 (2 sequences). 4 set applications.

Themes: Stopping or disturbing opponent's techniques early (breaking rhythm).

SL 10.

Syllabus: Chi sau Section 1 (2 sequences). 4 set applications. Go ja bo foot form.

Themes: Footwork to pursue/pressurize the attacker (chuk sun ma).

SL 11.

Syllabus: Multiple attackers. Stick and knife defence (12 main applications).

Themes: Combining techniques/themes from previous levels freely.

Pre-Primary (12th) Level.

Syllabus: Train for and understand everything from student level one through to student level 11. Improve all Student Levels.