

CENTRAL COAST

WING CHUN KUNG FU

ACADEMY

TRAINING MANUAL



V1.7 (Updated 22/08/2023)

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CENTRAL COAST WING CHUN

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ABOUT WING CHUN: Wing Chun is a Chinese martial arts system developed around 400 years ago. Developed as a martial art that doesn't rely on brute strength to overcome an opponent, Wing Chun uses straight-line attacks, simultaneous attack and defence, and speed to overwhelm an opponent (overload their senses). Using a minimal amount of movement (no wasted motion), Wing Chun is a very efficient self defence.

The Central Coast Wing Chun Academy is a mainland Chinese system of Wing Chun, has a friendly atmosphere, small classes, and government accredited instructors that will teach you the self defence and help you improve your fitness level.

CLASSES RUN ON MONDAY, WEDNESDAY & FRIDAY NIGHTS

MONDAY 5:00pm – 6:00pm (Kids) / 7:30pm – 9:00pm (Adults)

WEDNESDAY 7:30pm – 9:00pm (Adults)

FRIDAY 7:30pm – 9:00pm (Adults)

Contact: Nathan Mitchell or Craig Hughes on 02 4308 1106 or
contact@centralcoastwingchun.com.au

Pricing: \$14 per lesson
\$42 insurance fee for the calendar year.

Location: 16 Ace Crescent, Tuggerah - www.centralcoastwingchun.com.au

GENERAL CHINESE VOCABULARY

Futshan	- Town in Southern China
Wing Chun	- Female name meaning 'Beautiful Springtime'
Si-Fu	- Teacher or Instructor
Si-Gung	- Teachers Instructor or Grandfather
By-Jong	- Ready Position – use of Mun Sao & Wu Sao
Mun Sao	- Seeking hand
Wu Sao	- Guiding hand
Shong Jong	- Upper defensive hand
Ha Jong	- Lower defensive hand
Jut Ma	- Adopt stance
Kim Yang Ma	- Goat riding stance
Sil Lim Tao	- Name of first form, meaning 'Small Idea'
Jun	- Elbow
Chung Choi	- Straight fist
Lin Sil Di Dar	- Simultaneous attack & defence
Tip Sun	- Jong to Jong fighting position
Ma-Po	- Stance training
Sao	- Hand
Fook Sao	- Laying on hand
Tan Sao	- Palm up deflecting hand
Pak Sao	- Slapping hand
Chung Sein Kuen	- Straight line punch
Loho Approach	- Training term – Long (leg out, hand out)
Liho Approach	- Training term – Short (leg in, hand out)
Hoie Ma	- Proper way of starting a stance
Jor Ma	- Sitting or 45 degree turning stance
Kwa Choi	- Back fist
Lap Sao	- Grabbing hand
Lan Sao	- Barrier hand, used in jamming techniques
Dun Chi Sao	- Single sticky hands
Bong Sao	- Tying up hand

Supplementary Words

Si Heng	- Senior student
Jut	- Sink
Teck	- Kick
Kyok	- Leg
Foong Kyok	- Leg Block

WING CHUN CHI SAO

Direct Tan Sao
Direct Fook Sao
Direct Lap Sao
Indirect Inside Pak Sao
Direct Inside Pak Sao
Direct Inside Tan Sao
Indirect Outside Tan Sao
Indirect Outside Fook Sao
Rolling Bong Sao with Fut Sao
Indirect overtop Lan Sao
Low, high Lap Sao trap
Overtop elbow
Inside Pak Sao with punch
Cross arm Lan Sao trap with punch
Indirect neck Lap Sao with knee
Direct neck Lap Sao with knee
Direct Bil Sao arm bar
Double Hung Sao with double palms
Inside Tojongs
Outside Tojongs
Outside Tan Sao with Pak to choke
Double Lap Sao with stomp kick
Threading Tan Sao with trap
Ratchet elbows
Ratchet Lan Sao trap with punch
Ratchet Lan Sao with elbow

MARTIAL ARTS CREED

I will keep in mind that the skill in the martial arts requires constant training, maintenance, and mental discipline.

I will be mindful that the goals of this academy are to develop myself physically, mentally, emotionally, and spiritually using the fighting arts as a vehicle towards these goals.

I will respect my instructors, seniors, and juniors in this academy.

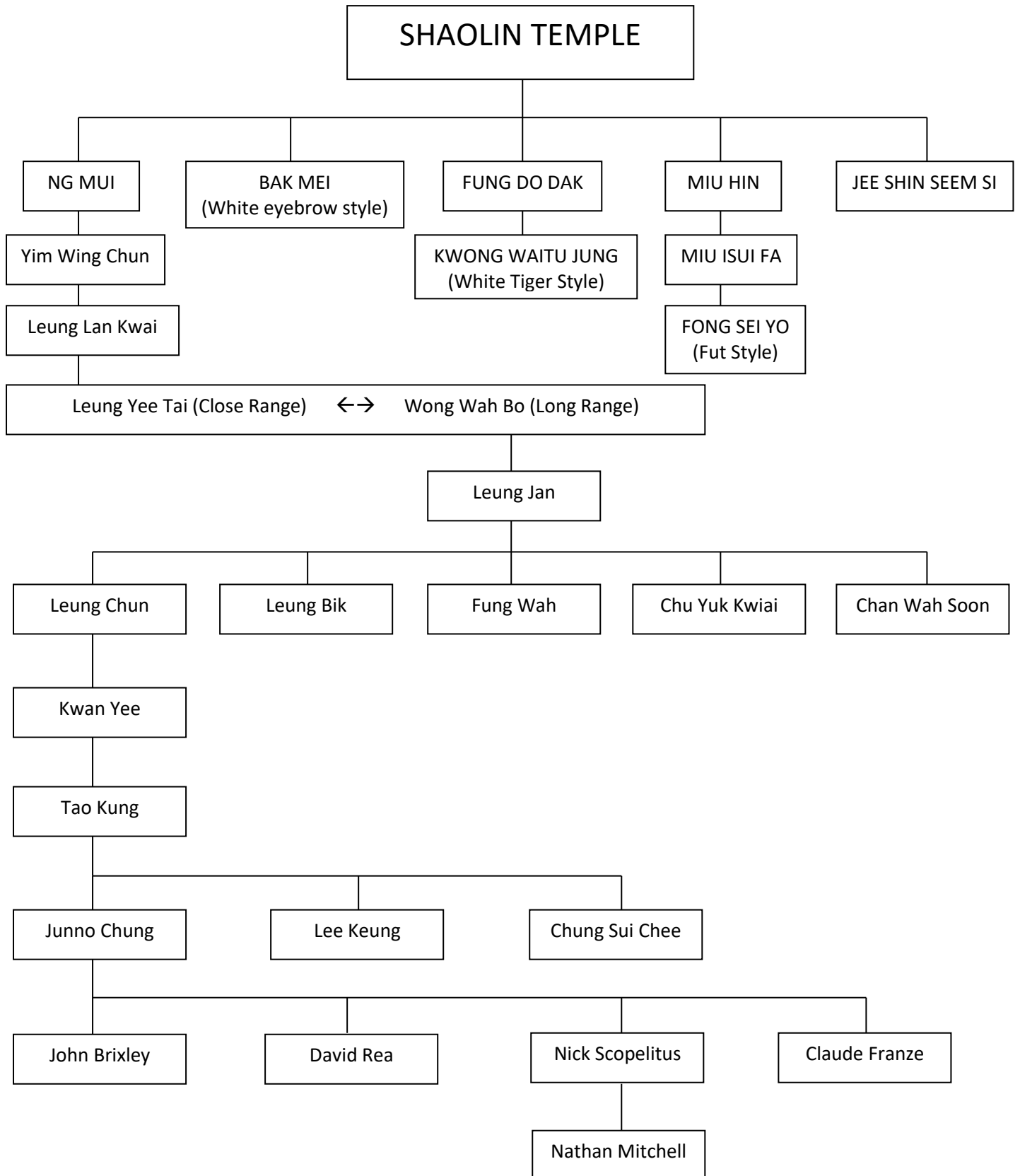
I will remember to refrain from criticizing other martial art schools and systems.

I will bear in mind that martial art skills should be used with proper morality and discrimination.

I will keep in mind that though my body is subject to physical defeat, my mind and spirit should remain unconquerable.

I will remember that I represent this academy and its martial arts system, conduct myself in a manner and in speech with the highest character and morality inside and outside of this academy.

CENTRAL COAST WING CHUN LINEAGE





GRADING LEVELS

YELLOW – SIL LIM TAO

GREEN – CHUM KIU

BLUE – MOOK JONG

BLACK – BIL JEE

GREY - WEAPONS

RED: SIFU

CENTRAL COAST

WING CHUN

TRAINING MANUAL FOR
AN INTRODUCTORY COURSE IN

WING CHUN KUNG FU

LEVEL 1 – SIL LIM TAO



MODULE A

Introduction of first section of Sil Lim Tao

1. The idea of Sil Lim Tao
2. Understanding of Wing Chun

FOUNDATION PRINCIPLES OF WING CHUN

1. Straight line theory – definitions & applications
2. Central theory – definitions & applications
3. 45 degree angle theory – definitions & applications
4. Efficiency – definitions, applications & relationship to other principles of Wing Chun

UNDERSTANDING OF BRIDGES IN A RELATIONSHIP TO COMBAT

1. Outside bridge (blind side) – advantages & disadvantages
2. Inside bridge (open side) – advantages & disadvantages

APPLIED STRAIGHT LINE THEORY & ANALYSIS

1. Concept of simultaneous attack and defence (Lin Sil Di Dar)
2. The minimal movement philosophy

INTRODUCTION TO APPLIED ENERGY

1. Forward force – definitions & applications
2. Negative redirecting force – definitions & applications

INTRODUCTION TO WING CHUN SPACE MANAGEMENT

1. Long range (fighting stance) – examples
2. Short range (fighting stance) – examples
3. Tip Sun Fighting Position
4. Fighting ranges – kicking range & punching range

MAPO TRAINING

1. Jut Ma concept – explanation & understanding
2. Kim Yang Ma
3. Advantages of triangular step

MODULE A (CONTINUED)

4. Advantages of maintaining a sunken base

INTRODUCTION TO WING CHUN DEFLECTION PRINCIPLES

1. Tan Sao – definitions
2. Fook Sao – definitions
3. Pak Sao – definitions

CLASS TRAINING

1. Section A of the Sil Lim Tao
2. Lin Sil Di Dar of wrist holds
3. Straight line punches using correct form
4. Front fighting stance
5. Weight ratio in short range fighting stance
6. Lin Sil Di Dar using Pak Sao, Tan Sao, & punches

SELF DEFENCE

1. Counter to crosses (must show 2 examples when grading)
2. Counter to a jab, cross combination
3. Counter to wrist & shirt grabs
4. Counter to hand shake grab
5. Counter to a side head lock

END OF MODULE A.

MODULE B

Introduction to 2nd section of Sil Lim Tao

UNDERSTANDING OF RANGES

1. Introduction to the trapping range – do's and don'ts
2. Four directional stance work
3. Use of angles whilst attacking

MAPO TRAINING

1. Turning stance using correct application
2. Circular advancing
3. Dynamics of Wing Chun short range stances applying power & balance
4. Entering techniques
5. Correct ways of bridging the gap (3 examples)

COMBAT PRINCIPLES

1. Acoustic approach
2. Use of Lap Sao
3. The dynamic target approach
4. Forward force – driving through an opponent
5. Advanced long range fighting guard
6. Slip & hit – economy of motion

INTRODUCTION TO CHI GERK

1. Cycles approach
2. Centre line positioning
3. Applying in combat

WING CHUN KICKS

1. Front kick – when to use & when not to use
2. Leg checking

MODULE B (CONTINUED)

INTRODUCTION TO LAP SAO CYCLE

1. Development of sensitivity when rolling
2. Application of forward force
3. Top & bottom changes

CLASS TRAINING

1. Section A & B of Sil Lim Tao form
2. Kim Yang Ma
3. Mid range fighting stance
4. Introduction to Bong Sao
5. Introduction to Bil Sao
6. Introduction to Fut Sao
7. Introduction to Lap Sao

SELF DEFENCE

1. Double front shirt grab
2. Neck grab
3. Guillotine choke

END OF MODULE B.

MODULE C

Introduction to 3rd and final section of Sil Lim Tao

PRINCIPLES & THEORY OF WING CHUN KICKS

1. Knowledge of technical balance for kicking
2. The centre line approach of Wing Chun kicks
3. Proper hand & body positioning
4. 'Minimal movement' concepts applied to Wing Chun kicks
5. Kicking ranges – when to use

SPACE MANAGEMENT

1. Introduction to immobilisation approach using Lap Sao – barrier hand
2. Mobile fighter – when to stick & when to move in relationship to ranges
3. Grappling range

MAPO TRAINING

1. Four way stepping
2. Eight way stepping
3. Advanced stepping – attack & defence
4. Blending with an opponents footwork

INTRODUCTION TO DUN CHI SAO – SINGLE STICKY HANDS

1. General mechanism of Dun Chi Sao
2. Correct side changes

CHI GERK

1. Advanced Chi Gerk – use against Wing Chun kicks
2. Leg traps

DEFENCE ON THE GROUND

1. Introduction to clinching
2. Avoiding take downs
3. Clinch do's & don'ts
4. Basic ground defence

MODULE C (CONTINUED)

COMBAT PRINCIPLE

1. Advanced head movement
2. Countering head movement
3. Advanced foot movement – alive approach

CLASS TRAINING

1. Practice final section of Sil Lim Tao and polish the complete form
2. Continue with Module A & B training
3. Dun Chi
4. Basic Wing Chun kicks used in both static & mobile situations
 - a. Front kick – targeted at the stomach, groin, or knee
 - b. Stomp kick – targeted at the knee or shin
 - c. Side kick – targeted at the knee, stomach, or kidneys
5. Basic free range sparring
6. Introduction to Garn Sao
7. Introduction to Quan Sao
8. Introduction to Bil Jee strikes

SELF DEFENCE

1. Hair grab
2. Ear grab
3. Defence on back
4. Rear naked choke

END OF MODULE C & SIL LIM TAO.

CENTRAL COAST

WING CHUN

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LEVEL 2 – CHUM KIU



MODULE A

Introduction to Section A of the Chum Kiu form

1. The dynamics of Chum Kiu
2. The philosophy of Chum Kiu
3. Long range footwork within Chum Kiu
4. Further analysis of the Lan Sao theory

FORM APPLICATION IN COMBAT

1. Generating hip power
2. Controlling of the opponent
3. Lan Sao in action

FRAMEWORK OF CHI SAO

1. Philosophy & mechanisms of Chi Sao
2. The correct way of Poon Sao
3. Rolling side changes
4. Introduction to forward force in Chi Sao
5. Introduction to redirecting in Chi Sao
6. Maintaining a good base – absorption stance

TECHNIQUES IN CHI SAO

1. Direct Tan Sao
2. Direct Fook Sao
3. Direct Lap Sao
4. Indirect Tan Sao

SELF DEFENCE

1. Uppercut
2. Long range side kick
3. Bear hug
4. Elbows
5. Double front shirt grabs – using Chum Kiu form

MODULE A (CONTINUED)

CLASS TRAINING

1. Creating an alive approach
2. Part A of Chum Kiu
3. Practice Sil Lim Tao form
4. Free range sparring
5. Practice front & side kicks against moving targets

END OF MODULE A.

MODULE B

1. Introduction to Section B of the Chum Kiu form
2. Jull Sao – theory & objectives
3. Long range fighting
4. Introduction to whipping energy
5. Weight ratio & angles in relation to a mobile fighter
6. The way of pinning – when to use & when not to use
7. Thinking based martial artist (not technique based) – example in grading

WING CHUN COMBAT CONCEPTS

1. Correct way of searching for bridge
2. Distinction between half & full bridge
3. Baiting an attackers movement
4. Long range stepping for outside bridge
5. Using Chum Kiu form concepts in combat
6. Advance driving force through an opponent

WING CHUN ADVANCED TECHNIQUES

1. Wing Chun hand techniques
 - a. Twisting uppercut
 - b. Hook punch
 - c. Basic Bil Jee attacks
 - d. Fut Sao
2. Wing Chun kicks
 - a. Back kick
 - b. Through the heart kick
 - c. Ghost kick

TECHNIQUES UNDER STUDY IN CHI SAO

1. Indirect Fook Sao
2. Indirect Lap Sao
3. Direct Pak Sao
4. Direct low Lap Sao
5. Direct high Lap Sao
6. Indirect Pak Sao

MODULE B (CONTINUED)

SELF DEFENCE

1. Multiple opponent attacks in various scenarios
2. Advanced ground defence
3. Basic baton defence

FURTHER CLASS TRAINING

1. Practice Chi Sao techniques using both sides
2. Part A & B of Chum Kiu form
3. Continue practicing Sil Lim Tao
4. Sparring concentrating on long range fighting & bridge the gap
5. Sparring against long range kicks

END OF MODULE B.

MODULE C

1. Introduction to Section C of the Chum Kiu form
2. Idle hand & foot principle
3. Advanced acoustic approach
4. Advanced understanding of efficiency in relationship to fighting ranges & straight line attacks
5. Chi Sao in an abstract situation
6. The way of Tip Bop
7. Flowing of range to range when being overwhelmed by an opponents attacks
8. Complete close range ratchet approach
9. Advanced close range ratchet approach
10. Advanced long range 50/50 stance & foot work

TECHNIQUES UNDER STUDY IN CHI SAO

1. Direct Bong Sao
2. Indirect Bong Sao
3. Indirect inside Tan Sao
4. Indirect inside Fook Sao
5. Direct inside Tan Sao
6. Direct inside Fook Sao

SUPPLEMENTARY TECHNIQUES

1. Long Bong Sao & applications
2. Quan Sao & applications
3. Low snap kick (ranger finder)
4. Applying Chi Sao drills in broken bridge situations

SELF DEFENCE

1. Basic knife defence
2. Escaping locks – concept
3. Avoiding punches with head movement

FURTHER CLASS TRAINING

1. Sections A, B & C of Chum Kiu form
2. Practice all Chi Sao drills
3. Practice all Chi Sao drills from broken bridge
4. Practice Chi Sao blindfolded

5. Advanced sparring – 2 x 4 minute rounds
6. Sparring using a wide range of techniques – finding out what works for you

SPARRING ENTRY CONCEPTS

1. Bil Jee to side kick.
2. Straight punch to flick kick, to punch or kick depending on range.
3. Feint punch to front kick.
4. Flick kick to side kick.
5. Lunging straight punch with rear hand (acoustic approach), to inside sweep kick.
6. Straight punch to side kick, followed by turning tarn gerk.

All of the above should flow smoothly between the movements.

END OF MODULE C & CHUM KIU.