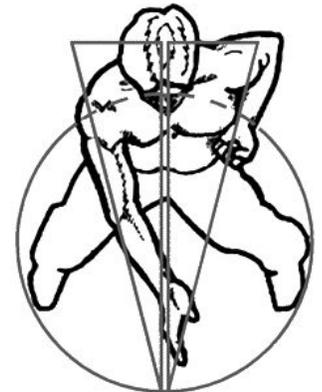




Traditional Wing Chun Progression

Level I: Pak Sao Drills (1 Green Stripe)

1. Cross hand pak sao (develops proper structure and alignment).
2. Cross hand vertical punches (teaches centerline control).
3. Pak sao against vertical punches (alternating).
4. Pak sao against vertical punches (consecutive).



Level II: Tan Sao / Bong Sao Drills (2 Green Stripes)

Tan Sao

1. Start with drill #2 above, then open hand for tan sao.
2. Progress from alternating tan sao to consecutive tan sao.
3. Pak sao (same side) then tan sao (opposite side) with one arm.

Bong Sao

1. Develop proper structure and alignment by testing and leaning.
2. Bong sao to defend against same side vertical punches (3-D, no "rusty gate").
3. Bong sao to defend against cross hand vertical punches (consecutive).
4. Bong sao (same side) then tan sao (opposite side) with one arm.

Level III: Sil Lim Tao: *Little Idea Form* (Green Belt)

1. See separate document for kata and applications.

Level IV: Single Arm Traditional Chi Sao (2 Brown Stripes)

1. Solo - Bong sao / tan sao to air. Add pak sao.
2. Solo - Fook sao / jut sao to air. Add da (punch).
3. Partners - One does #1 above, the other does #2 above, repeat. Develop flow.
4. Gate #1: Partner's jut sao is too hard so huen sao to circle around into jut sao.
5. Gate #2: Partner's tan sao is too hard, so huen sao to circle around into tan sao.

Level V: Double Arm Traditional Chi Sao (Brown Belt)

1. Solo - single arm: bong sao / tan sao to air.
2. Partners - single arm: fook sao sits on top of opponent's bong sao / tan sao.
3. Solo - double arm: bong sao / tan sao to air with other hand in fook sao.
4. Partners - double arm: fook sao sits on top of opponent's bong sao / tan sao.
5. Alternating: Execute 3 repetitions of poon sao then tan strikes to ribs.
6. Chi Sao: Execute 3 repetitions of poon sao then strive for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking", not wrestling, shoving, or boxing. Competitors should display good "bridging" skills, i.e. adhering to the opponent's forearms while delivering attacks and counterattacks to precise body targets at close range. Kicking is allowed only if at least one hand is in contact with the opponent's arm.