



Progressive Wing Chun Curriculum

Level I: Pak Sao Drills (1 Green Stripe)

1. **Reference #1:** Opponents cross right hands at wrists.
2. **Man Sao Defense:** Defend against attacks with sweeping and sliding blocks.
3. **Lap Sao/Da:** Pull opponent's hand down with man sao and punch with wu sao.
4. **Speed Drill:** Follow-the-leader with pak sao: single, double, triple, etc.
5. **Pak Sao/Da:** Disengage guard with your wu sao while man sao punches.
6. **Pak Sao/Da x2:** Defender's block comes short of centerline, repeat pak sao/da.

Level II: Lap Sao Drills (2 Green Stripes)

1. **Pak Sao/Lap Sao:** Defender crosses the center, counter with lap sao/backfist.
2. **Bong Sao/Lap Sao 1:** Also called Rolling Backhands drill. Same hand strikes.
3. **Bong Sao/Lap Sao 2:** Grab the attacker's guard with a lap sao to switch sides.
4. **Lap Sao/Lap Sao:** Defender blocks #1 above, counter with #3 above.

Level III: Fook Sao/Da (Green Belt)

1. **Programming:** Pak sao/da twice, then pak sao/hook with cupped hand.
2. **Micro-bumping:** Use the opponent's reaction to your fook sao to punch.
3. **Chain punching:** Continuous flow of punches with trapping.

Level IV: Hubud (1 Brown Stripe)

Hubud can be performed using the same concept against attacks coming from many different angles. Variations include the outer chop (described above), vertical chop, inner chop, straight punch (4 step drill), and roundhouse elbow.

Basic: Partner A throws a right horizontal outer chop; partner B turns into the technique with a left fook sao (hooking block) with the elbow kept down (1). Without breaking the energy flow of the initial attack, partner B's right hand parries the blow over her head with a fook sao to the outside of A's arm as the shoulders turn square (2). Partner B follows-up with a left pak sao (slapping block) checking A's arm as B's body finishes turning to the right. Partner B counterattacks with a right horizontal outer chop as her body turns square (4) and the drill repeats with partner A countering the attack (5&6).



Level V: Advanced Hubud (Black)

1. **Empty hand:** Locks, traps, strikes.
2. **Weapons:** Stick and knife.