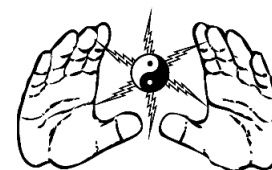


# *Lightning Hand Academy of Wing Chun*

## *Kung Fu*

華  
夏  
振  
雄  
風



*Find Your Center*

詠  
春  
傳  
正  
統

## Foundation Level Syllabus

- Sil Lim Tao Basics
  - Structure: elongating the spine, sinking the tailbone (hips), setting shoulders, open chest, relax legs while balancing on the root.
  - Elbow power of horizontal movement. Students should be able to do a 20 to 45-minute SLT set without much trouble before going on to the next form.
- Punches
  - The bread and butter of Wing Chun. Simple, but not easy. Students will learn how to maximize the power of the Sun Character Punch through various methods. All Foundation level students will need to be able to punch for up to 10 minutes without stopping before learning the Chum Kiu.
- Hand Blocks
  - There are over 18 different blocks for the Wing Chun system. Some lineages focus on more than others. But remember, the three terrors of Wing Chun are, Tan Sau, Bong Sau, and Fook Sau. Ask for the Blocks Hand-out for the complete list.
- 5 Star
  - Introduces low block/corkscrew punch, tan saw, low Gon Sau, hi Gon Sau, Jum Sau / jut Sau. This drill also teaches a student the concept of the stationary elbow along with staying within the frame for blocks. Students are introduced to sticking in this drill as well.
- Hit Arms
  - This drill is similar in look to the next drill Bong Lop, but has a different focus. The main focus of this drill is to pay special attention to how much pressure you allow to build up on your forearms. You're looking for bone to bone pressure. What that means is that you shouldn't allow any pressure beyond the point where you feel your partner's forearm. From there other areas to focus on is setting your punch and using a correct Bong Sau.

- Bong Lop
  - This drill teaches four basic blocks. Position one is Bong Sau and Wu Sau. Position two is sun character punch and Fuk Sau. Along with the blocks, the Bong lop drill teaches how to switch from one arm to the other with three different switches and how to counter a lop Sau and other attacks.
- Don Chi Sau
  - Otherwise known as Single Hand, but translates as Single Sticky Hand. Don Chi Sau is a sensitivity drill that has five specific hand techniques: Tan Sau, Sun character punch, Bong Sau, Fook Sau, and Jut Sau. The drill also teaches you to react quickly and lightly when done properly.
- Rolling Hands
  - This drill teaches the concept of sticking and independent arm movement. Students will learn to have arm positions on the inside and outside simultaneously and be able to flow.
- Poon Sau
  - This drill will help students learn how to break structure, flow better, contain your opponent, and redirect force without the fear of being struck like in Chi Sau. This drill can be done while in your training stance, or with movement.
- Breaking Structure
  - You will learn many ways to break your opponent's structure, especially within drills like Poon Sau or later in Chi Sau. Your main goal with Wing Chun is to break your opponent's structure so you can neutralize any attacks and keep them off balance.
- Feeding hands
  - This drill is to help students learn the appropriate response for an attack or someone attempting to break your structure. The teacher feeds attacks to the student and holds it until the response happens.
- Elbows
  - You will learn how to use your elbows in five directions for close-in control to do various techniques such as breaking structure, or emergency defense.
- Kicks
  - There are two primary kicks in Wing Chun. The Front Thrust Kick, and the Sidekick. Most other kicks are variations of the two kicks. Both kicks are powered by the knee rather than rotation of the hip.
- Leg Blocks
  - You will be taught two primary leg blocks, one stop kick, and one knee block. The two primary blocks are Tan Girk and Gong Girk. Both blocks guide incoming force to the left or right of your structure just like your Tan Sau and Bong Sau.
- Footwork / Walking
  - There are many drills the help gain leg stability and strength. You will learn how to use your posterior chain to create forward drive and add power to your movements. Correct footwork and leg strength are the engine that drives this art. Without out it, you will have no power behind your Wing Chun.