

2SG Apprentice-Level Syllabus Foundation Stage (1-3SG)



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: <i>Move</i> in balance, keeping a safe distance IR: Respond defensively to hostile movement IF: Await an opportunity to achieve objective & act decisively	
	Strategies	Evasion, Multiple-Evasion, Disengagement, Counter-Attack	
	Tactics	Direct Counter-Attacks (to Zones 1-4)	
Theory	Concepts	<i>Targeting</i> Concept (definition, selection, range awareness) <i>Tool</i> Concept (definition, characteristics, employment)	
Technical	Forms	Siu-Nim-Tao (‘Little Idea’)	Section 4 Section 5 Section 6 Section 7 Section 8
Practical	Basic Attacks	Std Basic Attack 3 Std Basic Attack 4 Std Basic Attack 5 Std Basic Attack 6 Std Combinations	1-3, 1-4, 2-3, 2-4 1-6, 2-5, 3-6, 4-5 3-2, 4-1, 5-1, 6-2
	Situational Drills	for <i>Failed</i> Counter-Attacks	
Physical	Striking Drills	for Balance-Breakers for Straight Thrusting-Punches (High & Low, to Zones 1-4) to <i>multiple</i> targets, combined with footwork	
	Coordination Drills	for Low Garn-Sao for Frontal Gum-Sao combined with striking & footwork all using <i>relaxed</i> power	