

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



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: <i>Wait</i> in balance (static/mobile) keeping a safe distance IR: Respond defensively to <i>initial</i> hostile movement only IF: Take the <i>first</i> opportunity to achieve objective, if possible	
	Strategies	Evasion, Multiple-Evasion, Disengagement, Counter-Attack	
	Tactics	Tactical <i>Offensive & Defensive</i> Variations (TOV's, TDV's) Direct & <i>Indirect</i> Counter-Attacks (to Zones 1-4)	
Theory	Concepts	<i>Inside</i> and <i>Outside</i> position awareness (for all limbs) <i>Open</i> and <i>Closed</i> positions (of the Power-Planes) Striking Zones Concept - Greater awareness of <i>Zone 5</i> How one <i>Strategy</i> may allow for many different <i>Tactics</i>	
Technical	Forms	Siu-Nim-Tao Exercises	for Posture & Core Stability for Elbow Position Awareness for Extension / Rotation for Balance for Coordination for Memory for Speed & Precision for Power & Relaxation
Practical	Basic Attacks	Std Basic Attacks 1-6 Alt Basic Attacks 1-6 Std/Alt Combinations	1-2, 2-1, 1-1, 2-2 1-3, 1-4, 2-3, 2-4 1-6, 2-5, 3-6, 4-5 3-2, 4-1, 5-1, 6-2 5-2, 6-1, 5-4, 6-3
Physical	Striking Drills	for ALL Straight Thrusting-Punches & Balance-Breakers for Frontal Thrusting-Kicks (Mid/Low, to Zones 3-4) to <i>simultaneous</i> & <i>consecutive</i> targets, combined with footwork	
	Coordination Drills	for Inside Pak-Sao (into Central Gum-Sao) for Outside Lap-Sao (from Outside Fook-Sao > Jut-Sao) combined with striking & footwork all using <i>relaxed</i> power	