

# 4SG Apprentice-Level Syllabus Basic Stage (4-6SG)



FEDERATION  
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: Wait in balance, maintaining your <i>chosen</i> distance IR: Respond <i>offensively</i> to hostile movement, if possible IF: Move to <i>create</i> opportunities to achieve objective	
	Strategies	Engagement, plus all Primary Strategies	
Theory	Concepts	The <i>Bridging Attack</i> Concept The <i>Guard Transition</i> Concept when moving to attack The fundamental differences between all <i>Mobility Tools</i> The concept & purpose of <i>Chi-Sao</i> training programmes	
Technical	Forms	Chum-Kiu (‘Bridge-Seeking’)	Section 0 Section 1 Section 2 Section 3
	Chi-Sao	SNT-CS	(1) Pak-Sao / Punch Cycle (2) Fook-Sao (Lap) / Punch Cycle Transitions & Links
Practical	Basic Attacks	All, plus any 2-hit combination ending in 1 or 2	
	Bridging Attacks	Bridging Attack 1’s Bridging Attack 2’s	using Pak-Sao or Fook/Lap-Sao
	Situational Drills	for <i>Blocked &amp; Jammed</i> Attacks & Counter-Attacks	
Physical	Striking Drills	for all Palm-Strikes (Erect, Lying, Lower-Lying, Inverted) for Side Thrusting-Kicks to all <i>valid</i> targets, combined with footwork & 1-3SG tools	
	Coordination Drills	for all 4SG <i>Engagement</i> transitions for all 4SG <i>Bridging Attack</i> transitions for all 4SG SNT <i>Chi-Sao</i> cycles  all using relaxed and <i>suppressed</i> power	