

6SG Apprentice-Level Syllabus

Basic Stage (4-6SG)



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|-----------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Strategy | Objective | Remove yourself from danger | |
| | Plans | PF: Wait in balance, maintaining your chosen distance IR: Respond offensively to hostile movement <i>whenever</i> possible IF: Move to <i>control the space</i> to achieve objective | |
| | Strategies | Engagement, plus all Primary Strategies | |
| | Tactics | <i>Splitting</i> Counter-Attacks (Entry and Exit) | |
| Theory | Concepts | The importance of a <i>Point</i> (for either <i>changing</i> or <i>committing</i>) The differences between <i>Strategies</i> and <i>Situations</i> The <i>Plum-Blossom</i> Concept (to illustrate offensive tactics) | |
| Technical | Forms | Chum-Kiu Exercises | for Structural Alignment for Hip & Knee-Linking for Timing & Coordination for Focus & Intention Awareness of 'inherited' tools |
| | Chi-Sao | SNT-CS | (5) Double Palm / Tan-Sao Cycle Transitions & Links |
| Practical | Basic Attacks | All, plus all possible 2-hit combinations | |
| | Bridging Attacks | All | |
| | Situational Drills | for <i>Forced Engagement</i> for Blocked & Jammed Attacks & Counter-Attacks for Splitting Attacks & Counter-Attacks | |
| Physical | Striking Drills | for Bouncing-Punches for Side-Slanted Turning-Kicks to all valid targets, combined with footwork | |
| | Coordination Drills | for all <i>Forced Engagement</i> transitions vs. Basic Attacks 1-6 | |
| | Reaction Drills | using all SNT-CS cycles (React > Strike > Disengage) all using relaxed and suppressed power | |