

8SG Apprentice-Level Syllabus Intermediate Stage (7-9SG)



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: Wait in balance, maintaining your chosen distance IR: Pre-empt hostile movement if possible & maintain offensive IF: Move to control the space to achieve objective	
	Strategies	All Primary Strategies All Secondary Strategies	
	Tactics	For <i>Close-Range</i> Splitting Attacks & Counter-Attacks	
Theory	Concepts	The <i>Bowstring</i> Concept The <i>Braking System</i> & <i>Knee-Linking</i> within CK footwork	
	Principles	Economy Of Movement (for <i>Technique</i> , <i>Muscular Effort</i> , and <i>Strategic Choice</i>)	
Technical	Forms	The “Whole-Body” SNT	Apply correct use of the <i>Bowstring</i> Improve your <i>Economy</i>
	Chi-Sao	CK-CS	(2) Inside Pak / CB-Tan Cycle Transitions & Links (SNT > CK-CS)
Practical	Basic Attacks	Solve all 5SG problems using 8SG strategies & tactics	
	Bridging Attacks	All <i>Inside</i> Attacks	Direct Engagement Evade > Counter > Engage
	Situational Drills	for Forced Engagement	to Zones 3+4 after Failed Attacks or Counter-Attacks
	Sparring Drills	Free-Flow (Medium)	1-for-0, 1-for-1, 2-for-1
Physical	Striking Drills	for Pi-Jarn (Hacking-Elbow) Repeat 4SG Palm-Strike Drills, now with <i>All-Range</i> power to all valid targets, combined with footwork	
	Coordination Drills	for the <i>Inside</i> defensive transitions of your Zone 5 for all <i>Evasion</i> transitions vs. Inside Bridging Attack 1's / 2's	