

10SG Apprentice-Level Syllabus Advanced Stage (10-12SG)



Strategy	Objective	Remove yourself from danger	
	Plans	PF: <i>Move</i> in balance, closing the distance to an opponent IR: If possible, pre-empt hostile movement & maintain offensive IF: If necessary, respond offensively to hostile movement MP: <i>Have a backup plan prepared, if offensive fails</i>	
	Strategies	Attack, plus all Primary & Secondary Strategies	
	Tactics	<i>Immediate</i> Passing Counter-Attacks <i>Direct</i> Attacks	
Theory	Concepts	<i>Scissors/Paper/Stone</i> analogy for the General Strategies The <i>geometry</i> of the General Strategies (+ / X / □)	
Technical	Forms	The “Whole-Body” CK	Apply correct use of <i>Bodyweight</i> Improve your <i>Precision</i>
	Chi-Sao	SNT-CS > CK-CS	Deeper penetration of Zone 5
Practical	Basic Attacks	Solve all 4SG problems using 10SG strategies & tactics	
	Bridging Attacks	<i>Alternate</i> Outside Attacks	Explore offensive / defensive options using existing skill-sets
	Situational Drills	for Constant Engagement of 4SG Basic Attack Combinations for Forced > Constant Engagement from all Bridging Attacks for <i>Recovery</i> after <i>Failed</i> Attacks & Counter-Attacks	
	Sparring Drills	<i>Goal-Seeking</i> Drills <i>Continuous Pressure</i> Drills	vs. attempted <i>Arm/Leg</i> control vs. sustained <i>Basic</i> Attacks
Physical	Striking Drills	for High Cheng-Sao for Shart-Geng-Sao for Biu-Tze-Sao Repeat 1-3SG Striking Drills, now with <i>Explosive</i> power to all valid targets, combined with footwork	
	Coordination Drills	for all 10SG <i>Attack</i> transitions for all 10SG <i>Constant Engagement</i> transitions	