

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



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	All PF-IR-IF plans as required. Show awareness of: - The current and/or potentially developing situation - The immediate & wider environment - The capabilities and potential threat level that exists - The appropriate level of response, morally & legally	
	Strategies	Attack, plus all Primary & Secondary Strategies	
	Tactics	Basic options for <i>Control</i>	
Theory	Concepts	Understand all <i>Five Martial Elements</i> and their <i>Components</i> Understand the <i>Creative</i> and <i>Control</i> relationship cycles	
Technical	Forms	The “Whole-Body” CK	Apply correct <i>Torso Rotation</i> Improve your <i>Power</i>
	Chi-Sao	All SNT/CK-CS Cycles	Analyse - Dissect - Destroy Gain <i>freedom</i> from sequences!
Practical	Basic Attacks	Solve all 1-hit problems using full range of options Solve all 2-hit problems using full range of options Explore 3+hit problems - are they relevant?	
	Bridging Attacks	Combine all Bridging Attacks with Basic Attacks Explore basic <i>Control</i> options plus preventions & counters	
	Situational Drills	for <i>Forced Attack</i>	during Bridging Attacks after <i>Failed Counter-Attacks</i>
	Sparring Drills	Goal-Seeking Drills Free Sparring Drills	vs. <i>Zone/Target-Seeking</i> attacks Achieve your <i>Objective!</i>
Physical	Striking Drills	Repeat 7-9SG Striking Drills, now with <i>Explosive</i> power to all valid targets, combined with footwork	
	Coordination Drills	for all 12SG <i>Forced Attack</i> transitions for all 12SG <i>Bridging Attack > Basic Attack</i> transitions	