

LANCASTER WING CHUN ASSOCIATION



Siu Lim Tau Level

Basic (Solo) Training

- Yee Gee Kim Yuen Mar and verbal explanation to assist clarity in your understanding ☐
- Punches: singles, threes and fives ☐
- Jic Jern (Straight Palms): singles, threes and fives ☐
- Mid section kicks from Yee Gee Kim Yuen Mar with a guard ☐
- Biu Mar with punches, including ninety-degree angles and kicks ☐
- Stepping forwards and backwards in Sarm Bok Mar ☐

Partner Training

- Straight punch attack – Defending with: Tan, punch ☐
- Straight punch attack – Defending with: Relaxed contact, Front Kick the knee, step in with Pak & Punch ☐
- Straight punch attack – Defending with: Inside Pak Sau, Jic Jern (Single hand) ☐
- Hook punch attack – Defending with: Turning Biu and Punch ☐
- Straight punch attack – Defending with: Bong, Lap, Fak Sau, (If the Fak Sau is blocked), follow with Lap & Wan Jern (Side Palm) ☐
- Straight punch attack – Defending with: Moving sideways using Pak Sau then Front Kick to the knee ☐
- Pak Sau Drills with varying counter attacks depending on initial defence used, these should include: ☐
 - If Pak jammed – second Pak Punch ☐
 - If punch blocked in centre – second Pak Punch ☐
 - If punch blocked across centre – Lap, Fak Sau ☐

Sarm Bok Mar

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – single Pak Sau's ☐
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Tan, Pak ☐
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Pak ☐
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Lap & Palm ☐
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Garn, Tan, Pak ☐

Dan Chi Sau

- Dan Chi Sau, Lap Sau (Combined) ☐
- Lap Sau exercise, (Cheun Mar) ☐
- Poon Sau and changes ☐
- Gor Sau ☐
- Free flow (only attacking using a straight or a cross) ☐
- Fifty Chain Punches with speed ☐

Siu Lim Tau Complete

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