

	Ability and Skills	Theory	General knowledge and history	Required Lessons	Teacher Notes
Level 1 (White)	Skills practiced: <ul style="list-style-type: none"> ● Learning Siu Nim Tao ● Chain punch ● Cross punch ● Stepping ● Step with punch ● Step with kick ● Pak sau defence ● Hook punch defence ● Pak and punch ● Lok sau ● Lap sau 	Wing Chun is simple, direct and efficient. No fancy moves.	Introduction to the oral history and founder; Ngu Mui.	12 lessons or 3 months.	No grading necessary. Class observations of ability to grade up.
Level 2 Yellow Belt	Skills practiced: <ul style="list-style-type: none"> ● Siu Nim Tao memorised ● Chi Sao ● Gan da defense ● Cross punch ● Dan chi sau ● Tan da ● Dai sau and punch ● One hand pak tan ● Pushing for balance control drill ● Types of kicks ● Distancing kicks 	<p>Simultaneous defense and attack.</p> <p>The best defense is an offence.</p> <p>The benefits of the chain punch.</p> <p>Only use your Wing Chun in a fight when there is no other option.</p> <p>Circle theory.</p> <p>Purpose of the stance.</p>	<p>Yim Wing Chun.</p> <p>Count to 10 in Cantonese</p> <p>Our Lineage is Yip Man – Chu Shong Tin – Joe Chan. Basic information about Chu Shong Tin.</p>	12 lessons or 3 months.	<p>Students to be gradedp on memorisation of Siu Nim Tao, technique. History of founder.</p> <p>Must buy t-shirt.</p>



WING CHUN KUEN

AUCKLAND · NEW ZEALAND

<p>Level 3 Orange</p>	<p>Skills practiced:</p> <ul style="list-style-type: none"> • Chum kiu form • Elbow strikes • One hand bong tan • Pak to jut sao • Kick defence • Teigong • Seung • Stability through even weight • Structure tests with teigong and seung state 	<p>The importance of structure.</p> <p>Shoulder power.</p> <p>Multiple directions of force.</p> <p>The importance of a stable stance.</p> <p>Kicking range verses punch range.</p> <p>Sensitivity is faster than sight.</p> <p>Hands take care of hands, feet take care of feet.</p> <p>Four Principles of Wing Chun:</p> <ol style="list-style-type: none"> 1. Always go forward if the way is clear 2. Stick to what comes 3. Yield to a greater force 4. If the opponent retreats, fill the gaps and follow 	<p>Know section one of form in Cantonese.</p> <p>The 6 Red Junk Opera Troupe members taught by Leung Bok Chao between 1845 and 1855. Jee Shim taught Leung Yee Tai the pole. Leung Yee Tai and Wong Wah Bo (two of the 6 opera members) taught Leung Jan.</p> <p>All wing chun branches can be traced back to the Red Junk.</p>	<p>minimum 24 lessons and 6 months</p>	<p>Graded on precision of Siu Nim Tao movements as well as technique. Need shin pads at this level.</p> <p>Must be able to successfully structure test SNT moves.</p> <p>Must have black pants and kung fu shoes.</p>
<p>Level 4 Green</p>	<p>Skills practiced:</p> <ul style="list-style-type: none"> • Chum kiu form • Chi sao – Tan to punch attack • Chi sao attack bong spirals to attack • Chi sao – fok sau attack • Chi sao - Tan to chest slap, switch to lap then pull to partner across • Chi sao - bong to cross punch • Sparring • Lap sau to pull • Chum kiu turning against resistance • Chum kiu stepping against resistance 	<p>Centerline theory.</p> <p>Face of the circle verses the edge of the circle.</p> <p>The importance of being relaxed.</p> <p>The importance of posture.</p>	<p>Know section two of form in Cantonese.</p> <p>Leung Jan taught Leung Bik and Chan Wah Shun.</p> <p>Chan Wah Shun taught Yip Man who is responsible for making Wing Chun the most popular style of Kung Fu today.</p>	<p>24 Lessons and 6 months.</p>	<p>Graded on memorisation of Chum Kiu.</p> <p>Graded on response to attacks. Need full sparring gear; shin pads, head gear, mouth guard, gloves, body shield.</p>



WING CHUN KUEN

AUCKLAND · NEW ZEALAND

<p>Level 5 Blue</p>	<p>Skills practiced:</p> <ul style="list-style-type: none"> • Bil Jee • Chi sau traps x 3 • Stepping off the line • Push defense. • Dan chi sao stepping • Chain punch defense • Gor sau (controlled) • Chu Shong Tin's activate the Nim Tao steps and instructions 	<p>Street defense theory.</p> <p>Moving stance structural theory(which leg in front etc.)</p> <p>Contact point and target theory.</p> <p>The idea that one cannot predict what an attacker will do.</p>	<p>Know all Siu Nim Tao moves in Cantonese.</p> <p>Yip Man's life and struggles. Meeting with Leung Bik. Opening his school in Hong Kong.</p>	<p>48 Lessons and 1 Year training</p>	<p>Must know Bil Jee by heart.</p> <p>Can perform SNT on one leg</p> <p>Must be able to successfully structure test Bil Jee moves.</p> <p>Must be able to defend against pre-given common attacks in sparring gear.</p>
<p>Level 6 Purple</p>	<p>Skills practiced:</p> <ul style="list-style-type: none"> • Wooden dummy • Control of someone who is turned away • Chi sao trap counters • Bong flip to strike / multiple strikes • Load inside tan to force partner to forward step • Random attack defense 	<p>The purpose of Wooden Dummy.</p> <p>Benefits of simultaneous kicks and punches.</p> <p>Ying Yang separation theory.</p> <p>All joints must be free active and free to move.</p> <p>Swishing the water as a method of applying body mass.</p>	<p>Yip Man's 3 generation of students.</p> <p>Yip Man's first 4 dedicated students.</p> <p>Bruce Lee.</p> <p>Chu Shong Tin life.</p> <p>Chu Shong Tin's approach to Wing Chun.</p>	<p>minimum 72 lessons and 1.5 years</p>	<p>Wooden dummy must be known by heart.</p> <p>Must be able to structure test Wooden dummy.</p> <p>Must be able to defend against random attacks in sparring gear.</p>
<p>Level 7 Brown</p>	<p>Skills practiced:</p> <ul style="list-style-type: none"> • Butterfly swords • Bil jee attack and defense scenarios • Multiple attacker scenarios 	<p>Putting first attack between yourself and the 2nd attacker.</p> <p>Street safety and awareness.</p> <p>Wing Chun applied to boxing gloves.</p>	<p>Chu Shong Tin's evolution of teaching and training.</p>	<p>Butterfly Swords (must know off by heart to progress to next level) minimum 96 lessons and 2 years</p>	<p>Sparring with boxing gloves. Students need to buy 14-16 ounce boxing gloves and mouth guard.</p>



WING CHUN KUEN

AUCKLAND · NEW ZEALAND

Level 8 Black	Skills practiced: <ul style="list-style-type: none">• Pole form• Pole exercises• Partner pole work• Partner pole sparing• Pole knife partner work	Purpose and differences of the 3 empty hand forms	Chu Shong Tin's most notable students. Our Sigung; Joe Chan.	Long Pole (must know off by heart to progress to next level). Minimum 96 lessons and 2 years.
Level 8 Senior Black	Skills practiced: <ul style="list-style-type: none">• Force tests on forms• Nim Tao state• Teigong• Standing stance testing• Opening the spine via standing practice	Theory of: <ul style="list-style-type: none">• Nim Tao state• Nim Lik		At this level students are to go over the forms using a more pure method of complete relaxation, nim tao state, teigong and relaxation. Students to go over curriculum with a deep internal focus.