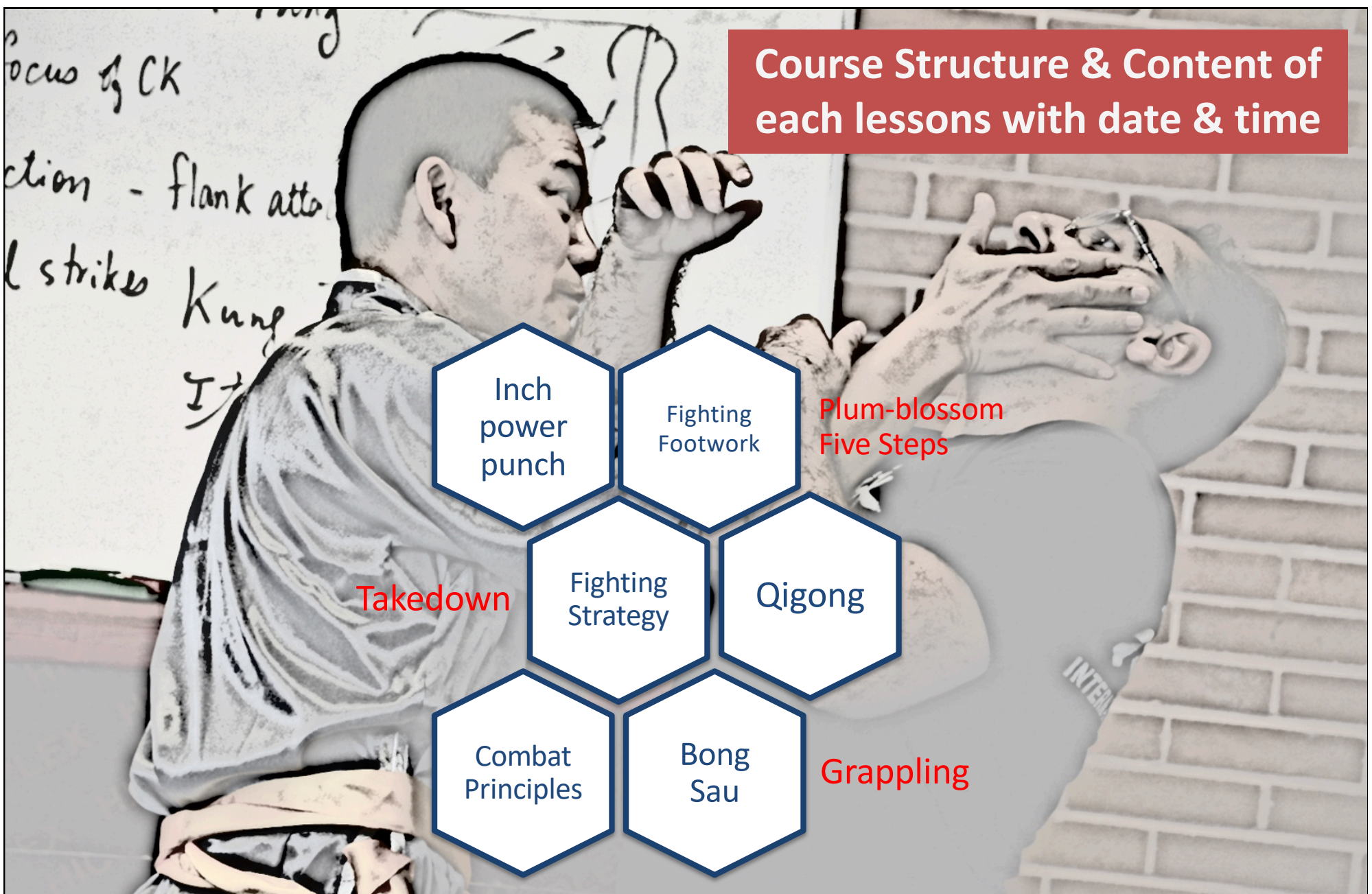


Course Structure & Content of each lessons with date & time



Takedown

Grappling

Deciphering Wing Chun: Fighting Strategies, Qigong and more

# Course Structure & Content

- The course is divided into 4 sessions (Session 1, 2, 3 & 4).
- Each session contains four 1.5 hours lessons.
- Topics and contents of each lessons and their dates and time are listed in the Appendix.



# Appendix – Course Content

## Lesson 1 (Session 1)

| <b>Live Online Training Course</b>                                 |                       |        |  |  |
|--|-----------------------|--------|--|--|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |  |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content  |
| 10-Jan-2021  | 1500 - 1630           | 1      | a) Footwork - Sam-Kok-bo                       | Does Wing Chun have strategic footwork for actual combat?  |
|  |                       |        |  | What does effective Wing Chun footwork entail?   |
|  |                       |        | b) Footwork - Plum-blossom Five Steps (Part 1) | Does Wing Chun have Plum-blossom piles training?   |
|  |                       |        |  | What is its training purpose?  |
|  |                       |        |  | Should it be called Plum-blossom piles or Plum-blossom steps? Why is it called Plum-blossom Five Steps in the <i>Shaolin Fist Canon</i> , which was written during the Ming Dynasty (1368-1644)? |
|  |                       |        |  | What is the Plum-blossom Five Steps in terms of the modern terminology?  |

## Appendix – Course Content Lesson 2 & 3 (Session 1)

| <b>Live Online Training Course</b>                                 |                       |        |  |   |
|--|-----------------------|--------|--|---|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |   |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content   |
| 17-Jan-2021  | 1500 - 1630           | 2      | a) Footwork - Plum-blossom Five Steps (Part 2) | How does the Plum-Blossom Five Steps relate to combat?      |
|  |                       |        |  | What is the common misconception of Wing Chun wooden dummy? |
|  |                       |        | b) Footwork - Angle & Distance                 | What is the best fighting range for Wing Chun?              |
| 24-Jan-2021  | 1500 - 1630           | 3      | Footwork - Tips on Turning Stance and Stepping | Is the solo leg weighted stance not effective in fighting?  |
|  |                       |        |  | Where does Wing Chun's power come from?                     |
|  |                       |        |  | How to get power from the ground ("Lik Chung Dei Hei")?     |

# Appendix – Course Content

## Lesson 4 (Session 1)

| <b>Live Online Training Course</b>                                 |                       |        |  |   |
|--|-----------------------|--------|--|---|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |   |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content   |
| 31-Jan-2021  | 1500 - 1630           | 4      | a) Fighting Strategy - Core Combat Principles of Wing Chun | Shall we wait for an attack or initiate the attack?   |
|  |                       |        |  | How do we use Wing Chun techniques to get close in on our opponent without getting hit and what are they? |
|  |                       |        |  | Does Wing Chun have any knock-out combinations other than the chain punching?                             |
|  |                       |        | b) Hand Technique - Wu Sau                                 | Why the retracting Wu Sau is performed 4 times in the 1st section of Siu Nim Tau?                         |

## Appendix – Course Content Lesson 5 & 6 (Session 2)

| <b>Live Online Training Course</b>                                 |                       |        |  |  |
|--|-----------------------|--------|--|--|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |  |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content  |
| 7-Feb-2021   | 1500 - 1630           | 5      | Hand Technique - Bong Sau  | Is Bong Sau effective in blocking?   |
|  |                       |        |  | Are the Bong Sau performed in Siu Nim Tau, Chum Kiu and the Muk Yan Jong just repetition or training for different applications? |
|  |                       |        |  | Why is Bong Sau performed while sideward stepping in the 2nd section of Chum Kiu?  |
|  |                       |        |  | What are the applications of the double low Bong Sau performed in the 3rd section of Chum Kiu?                                   |
|  |                       |        |  | What is the rattan string concept as taught in the two-person Bong Sau-Lap Da Cycle Drill?                                       |
| 21-Feb-2021  | 1500 - 1630           | 6      | Footwork - First type of Wing Chun Angular Stepping Manoeuvres, Zig-zag (Part 1) | What are the strategic combat footwork of Wing Chun?   |
|  |                       |        |  | What is the stepping method on the Plum-blossom five steps?  |

# Appendix – Course Content

## Lesson 7 & 8 (Session 2)

| <b>Live Online Training Course</b>                                 |                       |        |  |   |
|--|-----------------------|--------|--|---|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |   |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content   |
| 28-Feb-2021  | 1500 - 1630           | 7      | Footwork - First type of Wing Chun Angular Stepping Manoeuvres, Zig-zag (Part 2) | What are the training methods of Zig-zag angular stepping manoeuvre?  |
|  |                       |        |  | How does the Zig-zag angular stepping manoeuvre work with the hand techniques?  |
| 7-Mar-2021   | 1500 - 1630           | 8      | a) Punching - Yat Jee Chung Kuen & Che Hong Kuen                                 | Is the chain punching portrayed in the Ip Man series of movies possible and realistic in the real world?  |
|  |                       |        |  | Many criticize Wing Chun's straight punch as not being powerful and say Wing Chun's fighting style is flawed because the body weight is on the back foot. Is this criticism justified and fair? |
|  |                       |        |  | Is there any difference between the straight punch performed in the beginning and the last section of the Siu Nim Tau?  |
|  |                       |        | b) Punching - One-inch power punch   | What is long and short strength? How do we perform the one-inch power punch properly?   |
|  |                       |        | c) Punching Pau Kuen & Chap Kuen   | Is the Pau Kuen in the 2nd section of the Chum Kiu performed like a boxer's uppercut?   |
|  |                       |        |  | Is the <i>Chap Kuen</i> in the last section of the <i>Biu Jee</i> performed like a boxer's round house punch?   |
| What is the Lan-Bong-Kwan cycle?                                   |                       |        |  |   |

## Appendix – Course Content

### Lesson 9, 10, 11 & 12 (Session 3)

| <b>Live Online Training Course</b>                                 |                       |        |   |  |
|--|-----------------------|--------|---|--|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |   |  |
| Date   | Time (Hong Kong time) | Lesson | Topic   | Content  |
| 14-Mar-2021  | 1500 - 1630           | 9      | Fighting Strategy - Practical Wing Chun Combat (Part 1) | What techniques can be applied to handle attacks to your four doors?                       |
| 21-Mar-2021  |                       | 10     | Fighting Strategy - Practical Wing Chun Combat (Part 2) |  |
| 28-Mar-2021  |                       | 11     | Fighting Strategy - Wing Chun Takedown ( Part 1)        | Does Wing Chun have takedwon techniques?<br>What are the takedown techniques in Wing Chun? |
| 11-Apr-2021  |                       | 12     | Fighting Strategy - Wing Chun Takedown ( Part 2)        |  |



## Appendix – Course Content

### Lesson 13, 14, 15 & 16 (Session 4)

| <b>Live Online Training Course</b>                                 |                       |        |  |  |
|--|-----------------------|--------|--|--|
| <b>Deciphering Wing Chun: Fighting Strategies, Qigong and more</b> |                       |        |  |  |
| Date   | Time (Hong Kong time) | Lesson | Topic  | Content  |
| 18-Apr-2021  | 1500 - 1630           | 13     | Fighting Strategy - Wing Chun Grappling (Part 1)   | Does Wing Chun have grappling techniques?<br>What are the grappling techniques in Wing Chun?   |
| 25-Apr-2021  |                       | 14     | Fighting Strategy - Wing Chun Grappling (Part 2)   |  |
| 2-May-2021   |                       | 15     | Martial Arts Qigong - Concepts & Practice (Part 1) | What is Nei-gong?<br>Does Wing Chun have Nei-gong training?<br>Is Siu Nim Tau a kind of Nei-gong training?<br>What are the practical Nei-gong training methods in Wing Chun?<br>How does Qigong / Nei-gong relate to fighting? |
| 9-May-2021   |                       | 16     | Martial Arts Qigong - Concepts & Practice (Part 2) |  |