



社学春咏

International Wing Chun Organization

Live Online Training Course

Course Title: Refresher Course: Getting to the root of Wing Chun

Background

Travel and tourism are among the sectors most affected by the ongoing Covid-19 pandemic. As a result, we had to stop all of our IWCO overseas seminars beginning in 2019. While it's sad and unfortunate that we could not hold in-person training seminars, educational institutions like ours have found new ways to overcome this extremely challenging situation. Thanks to technology, IWCO's global seminars have begun again on the internet where we've held a successful series of webinars that received a lot of positive and instructive feedback. One of the comments was that, while the course is immensely informative and insightful, there was little time for hands-on practice. Participants have requested that the school organize another course that is dedicated mainly to practice. Another suggestion was that we include more details on the Wing Chun system. With that in mind, I have devised a new course to address these suggestions.

Course Outline & Objective

The objective of this course is two-fold. First, it aims to develop the student's proficiency in the exercises that were taught in the previous online courses. Second, it will provide more in-depth and proper knowledge of the Wing Chun Martial Arts system, from introductory through to more advanced levels.

The course is designed to enable participants to use Wing Chun techniques, apply their understanding of Wing Chun principles, and gain knowledge of the underlying aspects of Chinese traditional culture that are an integral part of Wing Chun.

Target Group

Open to all Wing Chun practitioners regardless of lineages.

Duration of Course

This course will be run continuously as it aims to cover a wide spectrum of interesting topics and practical applications in the form of solo and two-person exercises. It is structured into four lessons per session. Each lesson is 1.5 hours. Each session will then continue on to the next session. All are welcome to join at any point.

Content of Session 1 (Four lessons)

- **Dissection of Siu Nim Tau:**
 - Main theme of the 3 sections



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- **Practical Exercises:**
 - 180-degree Juen Ma - Pai Jarn from Ching Sun Ma to Ching Sun Ma
 - Juen Ma from Ching Sun Ma Lan Sau to Pien Sun Ma Bong Sau
 - Biu Bo in the 3rd section of Chum Kiu
 - 3 options of stepping for Biu Bo
 - Arrow punching
 - Chi Sau technique: Gwai Jarn vs. Wu Sau-Wang Jeung
 - Application of Low Bong Sau in the 3rd section of Chum Kiu

Dates and times for Session 1

Lesson 1: 10 April 2021, Saturday 2000 – 2130

Lesson 2: 24 April 2021, Saturday 2000 – 2130

Lesson 3: 08 May 2021, Saturday 2000 – 2130

Lesson 4: 22 May 2021, Saturday 2000 – 2130

All dates and times are shown in Hong Kong Standard Time (GMT+8)

Tuition

- HK\$1,196 per person (4 lessons)
- Individual lesson: HK\$439 per person

Payment Method

- Five days before the commencement of the course or session, via Bank Transfer OR PayPal. Account details will be provided upon confirmation. The Zoom meeting passcode will be sent upon receipt of payment.
- The total wire amount should be net of any wire fees and handling charges, i.e., please pay all bank wire transfer and other fees.

Delivery Method

- Online App: Zoom

Registration

Please click the link below and return the completed form on or before **2 April 2021**.

<https://forms.gle/JW8TZFMbhc62kE6H8>