



# 咏春拳社

International Wing Chun Organization

## Video Online Training Course

### ***Course Title: Invincible Kicks of Wing Chun***

#### Background

The kicking technique is a general expression in the Chinese martial arts for skills of the lower limbs. Wing Chun belongs to “Southern Fists” of the “Southern Fists, Northern Kicks” martial arts community that is famous for overcoming the opponents with the skilful and wide use of the hand techniques alone. That said, the unique aspect of Wing Chun’s close-range combat skills on kicking will, quoted by GGM Ip Man, “give you a third hand and an edge over your opponent”.

#### Course Objective

This course is designed to elaborate and analyse the kicking techniques of the Ip Man lineage in a holistic, scientific, and systematic approach that can enable participants to quickly grasp the essence of Wing Chun kicking techniques.

#### Course Structure and Content

In the practical sessions, the students can learn the applications of the “Wing Chun 8 Legs”, knee strikes as well as the rarely taught training methods. It includes the authentic Chi Gerk (Sticky leg) exercise, Kicking dummy form, the Jut Gerk Vs Tan Sau.... Etc. For the theory part, it will cover the principles of using the Wing Chun kicks and their roles in the whole Wing Chun spectrum.

The course is divided into 12 2-hour lessons. The contents of each lesson are as follows:

##### Lesson 1 -

- Four Fighting zones of Traditional Chinese Martial Arts
- Where does Wing Chun's power come from?
- Wing Chun Kicking System
- The principles of using the Wing Chun kicks
- Ching Gerk – Two Basic Forms of Kick

##### Lesson 2 -

- Exercise: Chuen Kiu Ching Gerk
- Exercise: Moving step Chuen Kiu Ching Gerk
- Way to generate power of Wing Chun's kick
- Regions of foot used in Ching Gerk
- Wang Gerk - Two Basic Forms of Kick



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- Exercise: Moving step Kwan Sau Wang Gerk

## Lesson 3 -

- Application of the concept of Yin-yang inter-contention in fighting
- Examples of Kwan Sau Wang Gerk's application
- Regions of foot used in Wang Gerk
- Crescent Kick / Hook kick
- Examples of Crescent kick's application
- Half-moon Kick (Arc)
- Examples of Half-moon kick's application in Chi Sau

## Lesson 4 -

- Four Fighting attributes within the Wing Chun system
- Roles of Wing Chun Kicks - Use leg to neutralize kicks
- Detailed explanation on how to apply the Kwan Sau Wang Gerk to handle the kicks to your middle part of body
- Four Levels of Blocking
- Bong Gerk and Jeet Gerk as examples to use leg to neutralize low kicks
- Roles of Wing Chun Kicks - Being weak to overcome strong
- Wang Gerk-Ching Gerk Combo Exercise
- Training Method (1) - Continuous Tan Gerk, Fook Gerk and low front kick on wooden dummy

## Lesson 5 -

- Training Method (2) - Pre-Chi Gerk Exercise: Bong Gerk-Low Wang Gerk Combo Exercise
- Training Method (2) - Pre-Chi Gerk Exercise: Ching Gerk- Gang Gerk Combo Exercise
- Training Method (2) - Chi Gerk Exercise with Partner
- Training Method (2) - Chi Gerk Exercise with wooden dummy
- Wing Chun 8 Legs
- Cosmology
- Derivation of Wing Chun 8 Legs & applications

## Lesson 6 -

- Detailed explanation of the Chi Gerk application (Ching Gerk, Gang Gerk, Bong Gerk and Low Wang Gerk) - from first gate to third gate of kicking
- Detailed explanation of the Wing Chun 8 legs
- First kick in the Kicking Dummy Form - Kwan Sau-Side kick: Technique and application

## Lesson 7 -

- Continued the First kick in the Kicking Dummy Form - Kwan Sau-Side kick: Technique and applications
- Second kick in the Kicking Dummy Form - Tan Da-Slanting kick: Technique and applications
- Role of body spinning in close range kicking



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- Third kick in the Kicking Dummy Form - Tan Da-Low Stomping kick: Technique and application

## Lesson 8 -

- Fourth kick in the Kicking Dummy Form - Tan Da-Front kick: Technique and application
- Footwork to go to the back of opponent to kick opponent's ass
- Refresher Chi Gerk, two basic forms of kick
- Correct way of body turning

## Lesson 9 -

- Training Method (4) - Solo Leg Continuous Front & Side Kick
- Fifth kick in the Kicking Dummy Form - Chuen Kiu-Front kick: Technique and application
- Sixth kick in the Kicking Dummy Form - Kwan Sau-Trampling kick: Technique and application
- Seventh kick in the Kicking Dummy Form - Double Lap Sau-Sweeping kick: Technique and application

## Lesson 10 -

- Eighth kick in the Kicking Dummy Form - Bong Gerk: Technique and application
- Ninth kick in the Kicking Dummy Form - Kwan Sau-Nailing side kick: Technique and application
- Training Method (5) - Tan Sau Vs Jut Gerk
- Tenth kick in the Kicking Dummy Form - Pak Sau-Low Front kick: Technique and application

## Lesson 11 -

- Eleventh kick in the Kicking Dummy Form - Gang Sau-Sweeping kick: Technique and application
- Twelfth kick in the Kicking Dummy Form - Tok Sau-Front kick: Technique and application
- Thirteenth kick in the Kicking Dummy Form - Pak Tan-Slanting kick: Technique and application
- Fourteenth kick in the Kicking Dummy Form - Lap Da-Slanting kick: Technique and application

## Lesson 12 -

- Concepts & Practice of Wing Chun's knee striking techniques
- Knee strike - Kneeling
- Knee strike - Shooting
- Knee strike - Leaning



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## Target Group

Wing Chun practitioners who have finished the Chum Kiu level.

## Dates and times

- Broadcasting Schedule:

Week 1:	05 - 11 Sep 2021	Lesson 1	Three sessions per day: Morning: 9:30am - 11:30am; Afternoon: 4:00pm - 6:00pm; Evening: 7:30pm - 9:30pm
Week 2:	12 - 18 Sep 2021	Lesson 2	
Week 3:	19 - 25 Sep 2021	Lesson 3	
Week 4:	26 Sep - 02 Oct 2021	Lesson 4	Seven days per week (Sunday – Saturday)
Week 5:	03 - 09 Oct 2021	Lesson 5	
Week 6:	10 - 16 Oct 2021	Lesson 6	
Week 7:	17 - 23 Oct 2021	Lesson 7	
Week 8:	24 - 30 Oct 2021	Lesson 8	All dates and times are shown in Hong Kong Standard Time (GMT+8)
Week 9:	31 Oct - 06 Nov 2021	Lesson 9	
Week 10:	07 - 13 Nov 2021	Lesson 10	
Week 11:	14 - 20 Nov 2021	Lesson 11	
Week 12:	21 - 27 Nov 2021	Lesson 12	

## Tuition

- Participants are free to join any session of each week, but it is advisable to take all lessons as the contents of each lesson are inter-related.
- HK\$250 per lesson per person

## Payment Method

- 1 day in advance via PayPal account: [donald.mak@hkwingchun.com](mailto:donald.mak@hkwingchun.com) .
- Zoom meeting passcode will be provided upon receiving of payment.
- The total PayPal amount should be net of any fees and handling charges, i.e., please pay all PayPal fees.
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## Delivery Method

- Online Apps: Zoom