

1SG Apprentice-Level Syllabus Foundation Stage (1-3SG)



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: <i>Stand</i> in balance at a safe distance IR: Respond <i>defensively</i> to hostile movement IF: Await an opportunity to achieve objective & act decisively	
	Strategies	Retreat Evasion, Multiple-Evasion, Disengagement, Counter-Attack	
	Tactics	<i>Direct</i> Counter-Attacks (to Zones 1-2)	
Theory	Concepts	Five Martial Elements & Overall FWTS System Structure Personal Centreline (POB, Core-Line, Central-Plane) Structural Alignment (POP, Power-Lines, Power-Planes) Striking Zones Concept - Ensure awareness of <i>Zones 1-4</i> The <i>Basic Attack</i> Concept	
	Principles	Spatial Alignment (Central-Plane aligned with <i>Threat-Centre</i>)	
Technical	Forms	Siu-Nim-Tao (‘Little Idea’)	Section 0 Section 1 Section 2 Section 3
Practical	Basic Attacks	Std Basic Attack 1 Std Basic Attack 2 Std Combinations	1-2, 2-1, 1-1, 2-2
	Situational Drills	for <i>Failed</i> Counter-Attacks	
Physical	Striking Drills	for Balance-Breakers (BB’s) for Straight Thrusting-Punches (High, to Zones 1-2) to <i>single</i> targets, combined with footwork	
	Coordination Drills	for Outside Pak-Sao for Outside Fook-Sao for High Pak-Sao for Frontal Tan-Sao combined with striking & footwork all using <i>relaxed</i> power	