

5SG Apprentice-Level Syllabus Basic Stage (4-6SG)



FEDERATION
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: Wait in balance, maintaining your chosen distance IR: Respond offensively to hostile movement, if possible IF: Move to create opportunities to achieve objective	
	Strategies	Engagement, plus all Primary Strategies	
	Tactics	<i>Passing Counter-Attacks</i> (Near-Side, Long-Range, Far-Side)	
Theory	Concepts	Zone 5 Awareness (Visual & Tactile, plus SWOT Analysis) Forward-Flowing Energy, both in <i>Pressure</i> and <i>Intention</i>	
Technical	Forms	Chum-Kiu (‘Bridge-Seeking’)	Section 4 Section 5 Section 6 Section 7 Section 8
	Chi-Sao	SNT-CS	(3) Pak-Sao / LL-Palm Cycle (4) Inside Pak-Sao / Palm Cycle Transitions & Links
Practical	Basic Attacks	All, plus any 2-hit combination ending in 3, 4, 5 or 6	
	Bridging Attacks	Bridging Attack 1’s / 2’s Bridging Attack 3’s Bridging Attack 4’s	using <i>Inside</i> Pak-Sao using <i>Outside</i> Pak / LL-Palm
	Situational Drills	for Blocked & Jammed Attacks & Counter-Attacks	
Physical	Striking Drills	for all Curving-Punches (Hooking, Lifting) for Reverse Thrusting-Kicks to all valid targets, combined with footwork	
	Coordination Drills	for all 5SG <i>Engagement</i> transitions for all 5SG <i>Bridging Attack</i> transitions for all 5SG <i>SNT Chi-Sao</i> cycles all using relaxed and suppressed power	