

# 9SG Apprentice-Level Syllabus Intermediate Stage (7-9SG)



FEDERATION  
WING TSUN SYSTEM

Strategy	Objective	Remove yourself from danger	
	Plans	PF: Wait in balance, maintaining your chosen distance IR: Pre-empt hostile movement if possible & maintain offensive IF: <i>Constantly change your methods</i> to achieve objective	
	Strategies	All Primary Strategies All Secondary Strategies <i>Re-Engagement</i> (after Disengagement or BB's)	
	Tactics	Random tactics for <i>all</i> Counter-Attack methods at will (To all <i>Zones</i> , using all <i>Ranges</i> and all <i>Tools</i> )	
Theory	Concepts	The importance of using <i>Random Tactics</i> within any Strategy Using <i>Disengagement</i> to create time, space & opportunities Maintaining Zone 5 integrity via <i>constant transition</i>	
Technical	Forms	The "Whole-Body" SNT	Apply correct <i>Torso Rotation</i> Improve your <i>Power</i>
	Chi-Sao	CK-CS	(3) Gwat/Punch, Jut/Punch Cycle Transitions & Links (SNT > CK-CS)
Practical	Basic Attacks	Solve all 6SG problems using 9SG strategies & tactics	
	Bridging Attacks	All <i>Low Attacks</i>	Direct Engagement Evade > Counter > Engage
	Situational Drills	for Forced Engagement  for <i>Re-Engagement</i>	to <i>random Zones</i> after Failed Attacks or Counter-Attacks
	Sparring Drills	Free-Flow (Medium-Fast)	1-for-0, 1-for-1, 2-for-1
Physical	Striking Drills	for Lifting-Knees (Vertical, Inside & Outside) Repeat 5SG Curving-Punch Drills, now with <i>All-Range</i> power to all valid targets, combined with footwork	
	Coordination Drills	for the <i>Under/Over</i> defensive transitions of your Zone 5 for all <i>Evasion</i> transitions vs. Low Bridging Attack 3's / 4's	