

11SG Apprentice-Level Syllabus Advanced Stage (10-12SG)



Strategy	Objective	Remove yourself from danger	
	Plans	PF: Move in balance, closing the distance to an opponent IR: If possible, pre-empt hostile movement & maintain offensive IF: If necessary, respond offensively to hostile movement MP: <i>Hide</i> your intentions via feigned attacks & preparations	
	Strategies	Attack, plus all Primary & Secondary Strategies	
	Tactics	Immediate Passing Counter-Attacks Direct Attacks	
Theory	Concepts	How <i>Bifurcation Theory</i> applies to timing & strategic choice How <i>Intention, Resolution & Recognition</i> affect strategic choice	
Technical	Forms	The “Whole-Body” CK	Apply correct use of the <i>Bowstring</i> Improve your <i>Economy</i>
	Chi-Sao	CK-CS > CK-CS	Maintain movement at close-range
Practical	Basic Attacks	Solve all 5SG problems using 11SG strategies & tactics	
	Bridging Attacks	<i>Alternate</i> Inside Attacks	Explore offensive / defensive options using existing skill-sets
	Situational Drills	for Constant Engagement of 5SG Basic Attack Combinations for Forced > Constant Engagement from all Bridging Attacks for <i>Zone-Switching</i> during Bridging (& Counter) Attacks	
	Sparring Drills	Goal-Seeking Drills Continuous Pressure Drills	vs. attempted <i>Neck/Torso</i> control vs. sustained <i>Bridging</i> Attacks
Physical	Striking Drills	for Low Cheng-Sao for Central Hacking-Descending-Arm for Kuo-Sao Repeat 4-6SG Striking Drills, now with <i>Explosive</i> power to all valid targets, combined with footwork	
	Coordination Drills	for all 11SG <i>Attack</i> transitions for all 11SG <i>Constant Engagement</i> transitions	