



詠春拳第壹套拳 Wing Chun Kuen's First Form 小念頭 Siu Lim Tao

Wing Chun Kuen's first form is called Siu Lim Tao and it covers the basic skills of Wing Chun Kuen. Siu means little, Lim Tao means thought and the whole means is to minimise thoughts but it also means to not do anything. Everyone who studies Wing Chun Kuen must be able to perform it and do so well otherwise their Chi Sau skill will not be good. Wing Chun Kuen was created by the Wing Chun Ancestor Ng Mui, 少林佛家五枚師太, a Shaolin Buddhism nun. Master Ng Mui then passed her skill to her student 嚴詠春 Yim Wing Chun and since then it has been called Wing Chun Kuen. Because it was created by a woman, it is not a hard style of Kung Fu. Rather, it is a skill which uses less energy to defeat someone stronger. Therefore it must be fast and direct and this is actually Wing Chun Kuen's principle.

However, the skill also needs to be gentle until we are sure that we can use maximum energy, but the highest level, is to use your opponent's energy. So in Wing Chun skill, we need to learn how to use energy properly. Keeping the mind calm is also important for training Siu Lim Tao and moving only one part of the body can save energy and be quicker. This is the principle of Siu Lim Tao. Power comes from the stance which comes from performing Siu Lim Tao for a long time. Doing Siu Lim Tao for 15 minutes to eventually doing it for 30-60 minutes will bring up our 功力 Gung Lihk (internal power) and our Qi which is good for health. Power does not come from training strong punches - it comes from stance training. Therefore Wing Chun is a healthy exercise and many good Wing Chun masters, like my 師公葉問 Sigong Ip Man who lived to be 79 and his son, 我師父葉準, my Sifu Ip Chun who is 85.

第一節---練功力 First Section---Training Gung Lihk (internal power)

1. 站立 Jaahm Lahp - Stand straight
2. 屈膝收拳 Wat Sat Sau Kuen - Bend knees, withdraw fist
3. 開二字鉗羊馬 Hoi Yih Jih Khim Yeung Ma - Open Wing Chun stance
4. 拿中線 Lauh Jung Sin - Mark centre line
5. 收拳 Sau Kuen - Withdraw fist
6. 左冲拳 Jo Jung Kuen - Left centre punch
7. 右冲拳 Yauh Jung Kuen - Right centre punch

全用左手 All use the left hand

8. 攤手 Taan Sau - Opening hand
9. 圈手 Huen Sau - Circling hand
10. 枕手 Jam Sau - Sinking hand
11. 護手 Wu Sau - Protecting hand
12. 伏手 Fuk Sau - Resting hand
13. 開掌 Hoi Jeung - Open the palm
14. 圈手 Huen Sau - Circling hand
15. 護手 Wu Sau - Protecting hand
16. 伏手 Fuk Sau - Resting hand
17. 開掌 Hoi Jeung - Open the palm
18. 圈手 Huen Sau - Circling hand
19. 護手 Wu Sau - Protecting hand
20. 伏手 Fuk Sau - Resting hand
21. 開掌 Hoi Jeung - Open the palm
22. 圈手 Huen Sau - Circling hand
23. 護手 Wu Sau - Protecting hand
24. 拍手 Paak Sau - Slapping hand
25. 印掌 Yan Jeung - Straight palm
26. 收拳 Sau Kuen - Withdraw the fist

全用右手,重覆所有由第 8 個動作到 26 個動作 Repeat all the movements from Numbers 8 to 26 using right hand

第二節---練發勁 Second Section---Training Fa Ging (relaxing power)

46. 左印掌 Jo Yan Jeung (left palm strike)
47. 右印掌 Yauh Yan Jeung (right palm strike)
48. 後印掌 Hauh Yan Jeung (back palm strike)
49. 前印掌 Chihn Yan Jeung (front palm strike)

全部用雙手 All use both hands

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| 50. | 橫欄手 | Waahng Laahn Sau - Horizontal blocking hand |
| 51. | 劈 | Pek - Chop |
| 52. | 橫欄手 | Waahng Laahn Sau - Horizontal blocking hand |
| 53. | 枕手 | Jam Sau - Sinking hand |
| 54. | 托手 | Tok Sau - Pushing up hand |
| 55. | 伏手 | Fuk Sau - Resting hand |
| 56. | 壑手 | Jat Sau - Sinking hand |
| 57. | 標指 | Biu Ji - Finger strike |
| 58. | 壑手 | Jat Sau - Sinking hand |
| 59. | 收拳 | Sau Kuen - Withdraw the fist |

第三節---練手法 Third Section---Training hand techniques

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| 60. | 左拍手 | Jo Paak Sau - Left slapping hand |
| 61. | 左橫掌 | Jo Waahng Jeung - Left horizontal palm |
| 62. | 收拳 | Sau Kuen - Withdraw fist |
| 63. | 右拍手 | Yauh Paak Sau - Right slapping hand |
| 64. | 右橫掌 | Yauh Waahng Jeung - Right horizontal palm |
| 65. | 收拳 | Sau Kuen - Withdraw fist |
| 66. | 左上攔手 | Jo Seuhng Gaan Sau - Left upper blocking hand |
| 67. | 左下攔手 | Jo Hah Gaan Sau - Left lower blocking hand |
| 68. | 左上攔手 | Jo Seuhng Gaan Sau - Left upper blocking hand |
| 69. | 左圈手 | Jo Huen Sau - Left circling hand |
| 70. | 左低掌 | Jo Dai Jeung - Left lower palm |
| 71. | 收拳 | Sau Kuen - Withdraw fist |
| 72. | 右上攔手 | Yauh Seuhng Gaan Sau - Right upper blocking hand |
| 73. | 右下攔手 | Yauh Hah Gaan Sau - Right lower blocking hand |
| 74. | 右上攔手 | Yauh Seuhng Gaan Sau - Right upper blocking hand |
| 75. | 右圈手 | Yauh Huen Sau - Right circling hand |
| 76. | 右低掌 | Yauh Dai Jeung - Right lower palm |
| 77. | 收拳 | Sau Kuen - Withdraw fist |
| 78. | 左膀手 | Jo Bong Sau - Left wing hand |
| 79. | 左攤手 | Jo Taan Sau - Left opening hand |
| 80. | 左低掌 | Jo Dai Jeung - Left lower palm |
| 81. | 收拳 | Sau Kuen - Withdraw fist |
| 82. | 右膀手 | Yauh Bong Sau - Right wing hand |
| 83. | 右攤手 | Yauh Taan Sau - Right opening hand |
| 84. | 右低掌 | Yauh Dai Jeung - Right lower palm |
| 85. | 收拳 | Sau Kuen - Withdraw fist |
| 86. | 沫手(三次) | Muht Sau (three times) - Wiping hand |
| 87. | 沖拳 | Jung Kuen - Centre fist |
| 88. | 收拳 | Sau Kuen - Withdraw fists |
| 89. | 收馬 | Sau Ma - Close stance |
| 90. | 收式 | Sau Sik - Close form |

I began my Wing Chun training in 1974 which is now over 30 years ago. Even though I have been training many years, I am still so impressed by it and find it is one of the best martial arts in the world. It can be used when we are older, even 80 and even 90, and it can help us to handle someone stronger, faster and younger than ourselves. Also, for the philosophy side, Wing Chun is very high level and it makes us understand how to use less energy to defend and also how to use our opponent's energy to defeat them. Good level Wing Chun skill is definitely using the soft to overcome the hard. If we can do the same in our lives, being gentle, then we can still win the situation. Lastly, it is very good for health as well.

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