



謝瑋精氣功中心詠春拳課程

Tse Qigong Centre's Wing Chun Kuen Syllabus

Wing Chun Kuen 詠春拳 is one of the best Chinese martial art skills. It was created by the Buddhist Nun, Ng Moy 五枚師太, and then passed to her disciple, Yim Wing Chun 嚴詠春, who was a talented and intelligent lady.

Wing Chun Kuen uses the least amount of energy to overcome the stronger energy. There are not many martial arts today that have developed like this. Wing Chun Kuen is based on sensitivity, good position and footwork. In the end Wing Chun Kuen also develops short distance power, which in Chinese we call Fa Ging 長橋發勁 or Long Bridge (Arm) Releasing Power. This is an unusual way to release power or attack. Wing Chun Kuen is also based on the straight line principle. Following a straight line is the fastest way to attack an opponent but when this line is obstructed we will curve around to hit the target. In addition, once we attack an opponent, we will continue to attack alternately with both hands and even kick. So Wing Chun Kuen is both fast and direct.

Siu Lim Tao 小念頭, Wing Chun Kuen's first form, is for internal training 內功 and it develops Qi 氣, so proper Wing Chun skill covers internal and external training. Chi Sau 黏手, Sticking Hands training, is one of the best ways of training to develop good skill and sensitivity as well as learning to control the energy without harming each other. In order to develop properly and reach a high level without damaging the body or becoming like a crooked nail, we have set up a Wing Chun syllabus to develop ourselves so we can be safe and reach high level.

1. 熱身運動一 Tse Qigong Centre Warm Up - Level I
2. 小念頭 Siu Lim Tao
3. 單黏手 Single Hand Chi Sau
4. 雙黏手 Double Hand Chi Sau
5. 尋橋 Tsum Kiu
6. 二十式黏手手法 20 Chi Sau Techniques
7. 詠春七星步 Wing Chun Seven Star footwork
8. 黏腳 Chi Geuk (Sticking Leg)
9. 24 腳法及 24 Leg Techniques
10. 標指 Biu Tze
11. 三十式黏手手法 30 Chi Sau Techniques
12. 閉目黏手 Blind Folded Chi Sau
13. 枱上黏手 Chi Sau on Table
14. 梅花椿黏手 Plum Blossom Post Chi Sau
15. 八斬刀 Baat Jaam Dao
16. 八斬刀對棍 Baat Jaam Dao against Staff
17. 練木人椿 Train the Wooden Dummy (Muk Yan Jong)
18. 磨木人椿 Polish the Wooden Dummy (Muk Yan Jong)
19. 打木人椿 Hit the Wooden Dummy (Muk Yan Jong)
20. 一對衆 One to more people
21. 空手對刃 Bare Hand to Weapon
22. 六點半棍 Six and Half Point Pole (Luk Dim Boon Guan)
23. 棍對棍 Pole against Pole