

# Wing Tsun students programs of the I.U.E.WT/U.F.E.WT

grade	form-training	Chi-Sao	Lat-Sao	basics/sparring/ self defence	theory	badge	minimum preparation time
10	repetition	<b>1.section complete repetition</b>	<b>Lat-Sao 10:</b> 10 attacking openings in basics Lat-Sao Part 2	Self defence: against 2-4 attackers, that grapple, strike, kick or are armed	<b>Legitimate defence :</b> acting on legitimate defence. Appropriateness of means.	red	<b>3-6 months</b>
9	repetition	<b>1.section complete repetition</b>	<b>Lat-Sao 9:</b> 10 attacking openings in basics Lat-Sao Part 1	Self defence: against stick and knife weapons sparring: defences against kicks by using legs	Camouflaging the wedge principle	red	<b>3-6 months</b>
8	repetition	<b>1. section Chi-Sao Part 3:</b> Jut-Sao, Gwat/punch, 4 attacks from Bong/Wu, diag. Bong to Pak/palm	<b>Lat-Sao 8:</b> application 2.attack in Lat-Sao	Self defence: opponent has thrown. Resting on ground, he is standing; both on the ground. All phases including kick counters	5 phases of unarmed combat	blue	<b>3-6 months</b>
7	repetition	<b>1. section Chi-Sao Part 2:</b> 2. attack: Pak/punch and 4 defences	<b>Lat-Sao 7:</b> application 1.attack in Lat-Sao	Self defence: opponent wants to grab legs, has grabbed, we throw Soft controls part 2 falling school	3.priciple: yielding 4.principle: following	blue	<b>3-6 months</b>
6	repetition	<b>1. section Chi-Sao Part 1:</b> 1. attack and defence to Lap-Sao cycle/ with stepping	<b>Lat-Sao 6:</b> application 1.attack in Lat-Sao	Self defence: aginst jostling, pushing, head strike, opponent grabs arms, body, head Soft controls part 1	3.priciple: yielding 4.principle: following	white	<b>3-6 months</b>
5	Chum Kiu 3/3	<b>Poon-Sao:</b> (2 armed ChiSao) simple attacks 8 counters	<b>Lat-Sao 5:</b> knee/elbow	sparring: against kicks, hand and kick combinations in a circle	3.priciple: yielding 4.principle: following	white	<b>3-6 months</b>
4	Chum Kiu 2/3	<b>Dan-Chi:</b> with step and turn/ diagonal-Dan-Chi	<b>Lat-Sao 4:</b> simultaneities/ Nau-Sao	Basics: footwork against kicks/with partner sparring: against the swing, low/direct punch/Karate punch, etc. in a circle	Principle of simultaneous attack and defence	yellow	<b>3 months</b>
3	Chum Kiu 1/3	<b>Dan-Chi:</b> (single arm Chi-Sao) standard	<b>Lat-Sao 3:</b> middle distance/yielding	basics: chain punches/turning Tan/Pak/Gaan/Gum-Dar - also with stepping/turning self defence: against "open cover", double guard, grappling sparring: against low punches in circle	Principle that an attack is the best defence	yellow	<b>3 months</b>
2	Siu Nim Tao 1/1 set 4-8	<b>Dan-Chi:</b> Jum/Pak	<b>Lat-Sao 2:</b> middle distance/backfist	basics: advancing step from IRAS, chasing steps, chain punches with stepping sparring: against the direct punch in a circle self defence: against choking, headlock, embracing	1.principle: If the way is free, advance 2.principle: stick	green	<b>3 months</b>
1	Siu Nim Tao 1/2 set 1-3	<b>Dan-Chi:</b> Fook/Tan/Gaan	<b>Lat-Sao 1:</b> long distance	basics: turns 45°/90°/180° sparring: Lap/punch to head, kidney and every position, training on coaching mitts, Bong/Yap-Gerk self defence: against any hand grappling	Definition of personal/common center line	green	<b>3 months</b>

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1. LT	repetition	2.section 3.section 4.section 5.section	<b>application:</b> 2.section 3.section 4.section 5.section		optional: written essay or oral exam: description of the 1.WT- prinziple		1 year
2. LT	Biu-Tze Form complete	6.section 7.section  Chi-Gerk part 1	<b>application:</b> 6.section 7.section	Long pole basics part 1  Double knives basics part 1 (from 2007)	optional: written essay or oral exam: description of the 2.WT- prinziple		1 year
3. LT	Wooden dummy form  part 1	Biu-Tze Chi-Sao 1.Section 2.Section 3.Section 4.Section 5.Section  Chi-Gerk part 2	<b>application Biu-Tze Chi-Sao:</b> 1.Section 2.Section 3.Section 4.Section 5.Section	Long pole basics part 2  Double knives basics part 2 (from 2007)	optional: written essay or oral exam: description of the 3.WT- prinziple		2 years
4.LT	Wooden dummy form  complete	Wooden dummy Chi-Sao complete  Chi-Gerk complete	<b>applications wooden dummy Chi-Sao complete</b>  <b>applications Chi-Gerk complete</b>	Long pole basics part 3  Double knives basics part 3 (from 2007)	optional: written essay or oral exam: description of the 4.WT- prinziple		2 years
5.LP	From this grade on long pole and double knives are the sole focus. The single program blocks are still to be structured.						