

IUEWT
INTERNATIONAL UNION
FOR ESCRIMA & WING TSUN



Dai-Sifu Johannes Olbers

| Grade | Forms training | Chi-Sao | Lat-Sao | Basics/Sparring/SD | Theory | badge | minimum preparation time |
|-------|------------------------|---|---|------------------------|--|-------|--------------------------|
| 10 | Kick-Form | 1.Section complete repetition | Lat-Sao complete repetition | Self defence 10 | Self defence: Acting in self defence. Verhältnismäßigkeit der Mittel | rot | 3-6 months |
| 9 | Footwork 2 | 1.Section complete repetition | Lat-Sao Attacks Pak / Punch | Self defence 9 | Hiding the triangle to deescalate explain Taekwon Do concepts | rot | 3-6 months |
| 8 | Footwork 1 | 1. Section Chi-Sao Part 3 | Lat-Sao Application 1.Section in Lat-Sao | Self defence 8 | 5 phases of combat | blau | 3-6 months |
| 7 | SNT + CK | 1. Section Chi-Sao Part 2 | Lat-Sao Applications from Pak / Punch Pak / Punch | Soft Techniques Part 2 | Explain Karate concepts | blau | 3-6 months |
| 6 | Chum Kiu complete | 1. Section Chi-Sao Part 1 | Lat-Sao Application 1.attack in Lat-Sao | Soft Techniques Part 1 | Explain boxing concepts | weiß | 3-6 months |
| 5 | Chum Kiu Part 2 | Poon / Woon-Sao (2 arm ChiSao) simple attacks | Lat-Sao variations knee variations elbow | Sparring 1 | Principle 3+4 | weiß | 3-6 months |
| 4 | Chum Kiu Part 1 | Poon/Woon-Sao (2 arm ChiSao) | Lat-Sao 4 | Basics 4 | Principle of simultaneousness | gelb | 3 months |
| 3 | Siu Nim Tao Repetition | Dan-Chi 3 | Lat-Sao 3 | Basics 3 | Principle of attack | gelb | 3 months |
| 2 | Siu Nim Tao Part 2 | Dan-Chi 2 | Lat-Sao 2 | Basics 2 | Theory 2 | grün | 3 months |
| 1 | Siu Nim Tao Part 1 | Dan-Chi 1 | Lat-Sao 1 | Basics 1 | Theory 1 | grün | 3 months |

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|----------------------------|---|--|--|---|---|-------|--------------------------|
| 1. LT | repetition | 2.section 3.section 4.section 5.section | application: 2.section 3.section 4.section 5.section | | optional: written essay or oral exam: description of the 1.WT- principle | | 1 year |
| 2. LT | Biu-Tze Form complete | 6.section 7.section Chi-Gerk part 1 | application: 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- principle | | 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 | application Biu-Tze Chi-Sao: 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- principle | | 2 years |
| 4.LT | Wooden dummy form complete | Wooden dummy Chi-Sao complete Chi-Gerk complete | applications wooden dummy Chi-Sao complete applications Chi-Gerk complete | Long pole basics part 3 Double knives basics part 3 (from 2007) | optional: written essay or oral exam: description of the 4.WT- principle | | 2 years |
| 5.PL | Long Pole (Luk Dim Boon Kwun): Chi-Kwan Long Pole (Luk Dim Boon Kwun) Sparring and Applications All preceding programs to be developed up to a master level | | | | | | |
| 6.PL | Double Knives (Bart Cham Do) Form Double Knives (Bart Cham Do) Applications All preceding programs to be developed up to a master level | | | | | | |
| ab 7.PL und höher | All programs to be developed up to a master / grandmaster level | | | | | | |