

Introduction

Wing Chun

Discover the quality we have to offer. Our school offers you the opportunity to study under one of the most recognized masters teaching the art of Wing Chun. Master Chan studied under Grand Master Ip Ching and Ip Chun, the sons of late grandmaster Ip Man. Master Chan has more than 39 years of teaching experience in Grand Rapids, Michigan. And continues to share the tradition Wing Chun with serious martial artists around the world.

There are many elements that make Wing Chun such an effective and unique martial arts. In addition to form training, students also training with a partner on kicking pads, focus mitts, Chi Sau, heavy bag, wooden dummy, weaponry, and with controlled full contact sparring. Chi Sau is a unique sparring method to increase speed, timing and reaction. Practice of the wooden dummy allow students to learn correct distance, angle and use of power, also is a great way to increase skill level of the students.

Sparring is a means to test technique, skills, range, strategy, and timing against a partner. Sparring is often a light to medium contact; students are not advised to risk injury by sparring heard. Specific tactics and strategies can be trained with sparring including in close fighting, throws, sweeps, or using reach and distance to keep an aggressive fighter away.

We are committed to providing professional martial arts instruction that will help our students to become and remain strong, healthy members of our community.

Please contact Sifu (instructor) Chan if you have any question.
E-mail: sifu@chanskungfu.com

Wing Chun Ranking

Sil Lim Tau – Yellow Sash (3 months)

Chum Kiu – Orange Sash (3 months)

Wooden Dummy Level 1 – Green Sash (4 months)

Wooden Dummy Level 2 – Blue Sash (4 months)

Lok Dim Boon Pole – Brown Sash (4 months)

Bil Bee – Black Sash (6 months)

Bak Jom Dao knives – Red Sash (6 months)

Testing will be given every two months. If you are ready for testing, register two weeks before the testing date. To ensure you to have a quality Wing Chun training and precision of the techniques, a pre-test will be given a week before the test. Certification will be given for completion of each level. Testing fee is \$35

Sil Lim Tau level – Yellow sash

Sil Lim Tau form

Sixteen hand techniques

-Punches -Tan Sau -Bon Sau -Fook Sau -Lap Sau -Pak Sau
-Huen Sau -Bil Sau -Kum Sau -Fak Sau -Kan Sau -Jeung
-Quen Sau -Jum Sau -Jut Sau -Lan Sau

Stances and stepping punches

-Triangle stance -Turning stance -Turn around punch
-Stepping forward punch -Stepping backward punch
-Stepping diagonal punch

Basic pad drills - kicks

-Bil Gerk -Jot Sun Gerk
-Bil Gerk follow double punch
-Jot Sun Gerk follow double punch

Combination hand techniques

-Tan Sau punch -Kan Sau punch -Lap Sau punch
-Tan Huen Sau punch -Punch follow Jum Sau
-Turning Fak Sau follow Jut Sau -Turning Bon Sau
-Stepping Bon Sau

Hand drills with partner

-Pak Sau vs punch -Lap Sau vs punch -Bon Lap Da

Basic Chi Sau

-Single hand Chi Sau -Pak, Lap, Bon, Tan combination
-Free hand Chi Sau

Wooden Dummy drills

- Bil Sau Lap Sau -Kan Sau -Quen Sau

Target control

-Punch just touching the target -Palm strike touching the target

Wing Chun Terminology

Chum Kiu level – Orange sash

Chum Kiu form

Chum Kiu stepping techniques

- Diagonal stepping Kan Sau
- Diagonal stepping Quen Sau
- Diagonal stepping Fak Sau
- Diagonal stepping cross elbow

Wooden Dummy drills

- Pak Sau
- Turning Bon Sau
- Step side Fak Sau
- Jut Sau Fak Sau

Sheung Chi Sau

Sheung Chi Sau drills

- Jing Jeung to chest
- Jut Jeung to neck
- Chun Chu to chest
- Lap Sau Fak Sau
- Pak Sau Juk Jeung
- Huen Sau low palm
- Huen Sau high palm
- Huen Sau switching

Defense kicks

- Defense front kick
- Defense side kick
- Defense push kick
- Defense round kick

Falling techniques

- Back fall
- Side fall
- Front fall

Wooden Dummy level I – Green sash

Wooden Dummy section 1 – section 3

Eight kicks

-Biu Gerk -Tay Gerk -Jot Sun Gerk -Chai ggerk -Soo Gerk
-Dung Gerk -Huen Gerk -Tep Sun Gerk

Chi Gerk (leg training)

-Inside Chi Gerk -Outside Chi Gerk

Free hand Chi Sau

Defense kicks

-Kan Sau -Quen Sau -Kan Sau catch leg
Quen Sau catch leg -Catch high kick

Targets drills

- Kicks combinations -Hands and legs combination

Wooden Dummy level 2 – Blue sash

Wooden dummy section 4 – section 7

Advance Chi Sau

- apply wooden dummy techniques from all sections
- Chi Sau inside a restrict area

Wooden dummy speed training

- Foot work around the dummy (leg only)
- Speed training within 1 minute

Defense kicks

- Front low push kick -Front mid push kick -High round kick
- Mid round kick -Kick to thigh -Kick to calf -Outside sweep
- Inside sweep -Side kick to mid section -Hook kick to head

Sparring drills

- Neck grab follow knee -neck grab follow sweep
- Leg grab follow sweep

Lok Dim Boon Gwan level – Brown sash

Pole exercise

- Stepping horse stance punch
- Press downward
- Forward thrust
- Basic five techniques pole exercise

Advance Chi Sau

- Around obstacles
- Chi Sau on long stool
- Chi Sau use kicks and sweeps

Lok Dim Boon Gwan form

Targets strikings

- Ground targets
- Hanging targets

Chi Sau free hand

- Use of any hand or leg techniques

Pole sparring

- Pole against pole

Biu Gee level – Black sash

Biu Gee form

Conditioning exercise

- Iron pole (forearm strengthening)
- Metal ball (grab strengthening)

Elbow techniques

- Cross elbow -Diagonal elbow -Side elbow
- Downward elbow -Upward elbow

Advance Chi Sau

- Blind fold Chi Sau

Throws techniques

- Hip throw -Front sweep -Side sweep -Under arm throw
- Double leg grab throw -Catch kick and sweep

Free sparring

- Use hands, kicks and throws

Bak Jom Dao level – Red sash

Bak Jom Dao form

Free sparring

- Combination of any technique

Knee strikes

- Forward knee -Diagonal knee -Upward knee -Jump forward knee

Weapon sparring

- Knives against knives sparring
- Knives against pole sparring

Final test and forms review

- Sil Lim Tau -Chun Kiu -Bil Gee
- Mok Jong -Lok Dim Boon Gwan -Bak Jom Dao

Instructor certification program

Student who wish to participate in the instructor certification program must have a brown sash or higher. Please contact Sifu to apply.

Referral

We would like your help in spreading the word about the benefits of our Wing Chun programs.

Pricing

Individual

3 months - \$215

6 months - \$375

12 months - \$685

Family of 2

3 months - \$299

6 months - \$495

12 months - \$935

Schedule

Monday & Wednesday 7:15pm – 8:15pm (beginner)

Tuesday & Thursday 7:15pm – 8:15pm (advanced)

Saturday 10:30am – 11:30am (all level)

Testing and promotion

Rank test will be given every two months.

Please register two weeks before test date. Testing fee \$35

Visit our website for testing dates.

