

Wing Chun Live On-Line Training Schedule
Beginner Level Sil Lim Tau
Class is on every other Saturday from 11am – Noon EST (USA and Canada)

Sil Lim Tau is the first form taught in the Wing Chun system. This level is suitable for all beginners with or without Wing Chun experience.

Sil Lim Tau level is divided into six well-organized lessons to complete. Trainings included entire Sil Lim Tau form, sixteen hand techniques, Stances and stepping, Pad drills, kicks, Single hand Chi Sau concept. You will also learn the basic Wing Chun terminology in Cantonese.

August 15th - Lesson 1

Sil Lim Tau section 1&2 and applications
Stances, Punches, Tan Sau, Huen Sau

August 29th - Lesson 2

Sil Lim Tau section 3 and applications
Diagonal stepping, Step forward and backward
Fook Sau, Kan Sau, Jum Sau

September 12th - Lesson 3

Sil Lim Tau section 4 and applications
Pak Sau, Lap Sau, Palm strikes
Pad drills with combination punches

September 26th - Lesson 4

Sil Lim Tau section 5 and applications
Gum Sau, Lan Sau, Fak Sau
Pad drills with kicks

October 10th - Lesson 5

Sil Lim Tau section 6 and applications
Jut Sau, Biu Sau
Single hand Chi Sau concepts

October 24th - Lesson 6

Sil Lim Tau section 7 and applications
Bon Sau, Quen Sau
Sil Lim Tau review
Hand technique review

*Students must complete all six lessons in order to receive a Sil Lim Tau Level certification from Sifu Chan.