Daily Training Syllabus

The ultimate guide for following sifu Wayne Belonoha's course curriculum

- Daily Training Drills & Exercises
- Full Program Details
- Certification Path
- WCU / DVD Drill Quick-Find Chart
- Lesson Details & Descriptions
- Getting Personalized Training Advice
- Planning Guide
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CONGRATULATIONS

on choosing to study ving tsun kung fu.

ABOUT THIS TRAINING GUIDE

Congratulations on taking the first step to achieving your kung fu goals. You have in your hands a simple, yet effective tool to create the foundation for an amazing journey of skill growth.

This proven step-by-step training guide is for all students who wish to follow the same learning path as the 11 previous generations. This guide applies the same principles that world-class kung fu masters and athletes use to consistently improve. Now you can Practice the same way.

Most people want more and are willing to train harder, but training harder is just one piece of the puzzle. Alongside the instruction, it’s very important to understand the process of how to produce better and lasting results.

To maximize your training and achieve your personal best, we offer this training program. Just by making the decision to follow this proven program you have improved your chances of success.

If you’re having difficulties, even though you’re trying hard, it may be because you are working on the wrong things or don’t have the right strategies. This document walks you through the entire ving tsun training program.

So get ready. You are about to improve your training efficiency dramatically and embark on a path that leads to all the accomplishment, satisfaction and pride that comes with attaining your goals and achieving results that may even surprise you.

"He who fails to plan, plans to fail." - Proverb
Quick Info List

All the key information you will need

- This is a full 62 week program that covers the whole 108 step curriculum.
- You will need the following materials to complete it with full mastery (Check this document for coupons).
  - The textbooks, Wing Chun Compendium Volume 1 & Wing Chun Compendium Volume 2
  - Full 9 disc Blu-ray Ving Tsun set (as Disc or as Download)
  - Full Wing Chun University course (need a mac, PC, OSX, Android, or streaming device and internet).
  - A Wing Chun Wall bag
  - Wing Chun Dit-Da-Jow (Aged)
  - A Wing Chun Dummy
  - A Wing Chun Long Pole
  - A set of Wing Chun butterfly Swords
  - Optimally, you will also need a partner with similar motivation as you.

Each day I will give you homework that consists of drills, exercises, reading, and more. It is up to you to practice, do the work, and send in videos of yourself once you have mastered the skill to the best of your ability.

There are 3 programs: recreational, academic, and certified instructor.

You get one free video review of each skill set, and I will send you a video response. See pages 34/35 for detail on this.

Ready to start? Skip to page 46. Want more info? Read on to learn the details of the courses. Want to be an instructor? Read the section starting on page 38. We take this very seriously. Want a certification to hang on your wall? Start at page 43 for requirements.

For those wondering about the Blu-ray set and the Wing Chun University (WCU) set of videos here is the main difference and why you might want both: The Blu-ray set walks beginners through the system step by step the way I was taught it. The WCU teaches the same topics (in a bit more detail) but instead of step-by-step it used a topic/drill approach - you learn everything there is to know about 1 topic, then move on to the next. Both methods work. But when you combine the two (as we do here) and add in the books as well, you get a very good understanding of the topic (more details than either set presents alone). It might be a bit confusing jumping around in each medium for all the relevant info, but that is why this document was created - to guide you though it. Again, you can follow the Wing Chun University videos which are organized by drill or the Blu-ray discs which are organized by curriculum step, but if you watch both to glean even more information you will be better for it. Descriptions of both video paths are below to help you decide which one suits your learning style best, or if you would like both.
"Proper Planning Prevents Poor Performance" is a well-known business acronym that illustrates the importance of the details in this guide.

There is a proper way to approach and execute any complex task. There are steps to follow and specific tools you will need in order to complete this course efficiently and skillfully. This guide provides you with these necessary steps and tools.

Thoughtful, detailed planning is very important when starting a project. This planning often starts with making lists that describe your goals, who will be involved, and your commitment to doing what needs to be done.

To help you be successful I've put together a small planning tool on the next few pages to help you gather your thoughts.

It's easy, shouldn't take too long and will bring a lot of value through the course. In ving tsun, we strive for efficiency and since an ounce of prevention is worth a pound of cure - we're going to spend some time on prevention.

Answer the following questions and email them to sifu Wayne so you can track your goals together.

- What are my top 5 goals for the next 62 weeks?
- Why do I want to accomplish these goals?
- What habits typically prevent me from being successful?
- During my training, what 3 things do I commit to doing differently.
- Who / what do I need to support my training?
- What 2 actions can I do right now?

E-mail your answers to sifu Wayne.
Congratulations

on your commitment and for getting this far

Most new students (and your enemies) won’t take the time to put in this effort, and they therefore can’t end up with your skills.

If you really want to get motivated, give a major boost to your goals and create an action plan fit for a kung fu master, then you must take advantage of this free next step. It’s super easy: just drop sifu Wayne an email with your goals, notes, and questions.

Simply email and your goals and main questions to sifu@waiskungfu.com to let sifu Wayne know you’re on the program. This is the first step toward building a strong and valuable kung fu relationship.
Sifu Wayne Belonooha

Certified Ving Tsun Instructor
Disciple, Grand Master Sunny Tang
National Certified Coach, 7th Level, Master Degree

- Founder, Wai’s Kung Fu
- Disciple, Grandmaster Sunny Tang
- Author, Wing Chun Compendium; volumes 1 & 2
- Author, An Approach to Ip Man Ving Tsun
- USA Martial Arts Hall of Fame, Kung Fu Master of the Year 2013
- Staff Writer, Wing Chun Illustrated Magazine (Denmark)
- Cover Feature, Wing Chun Illustrated Magazine, Issue #8
- Flagship Instructor, Wing Chun University
- Pan American Triple Gold Medalist
- Recipient of the 2004 & 2008 CCWO Achievement Award for outstanding contribution to the martial arts
- Organizer, judge, and senior official for National and International Kung Fu Competitions, including Wushu National Team Selection Competitions
- Judge, Pan American Kung Fu (Wushu) Championships
- Performer for Queen Elizabeth II
- Performer the Grand opening of the Ip Man Hall, Foshan, China
- Former Organizational representative to the Canadian Olympic Committee
- Multiple Gold Medalist at national and international level competitions and Numerous student Grand Champions

Certified Ving Tsun Instructor
National Certified Coach, 7th Level, Master Degree

Sifu Belonooha (sifu is the Cantonese word for "teacher") is the head instructor of Wai’s Kung Fu. With over 25 years of martial arts experience he is able to bring professional high quality instruction to each and every student.
The ving tsun you are about to experience has been passed down for 11 generations. It's finally available for you to learn - directly from sifu Wayne, a certified instructor with 30 years experience with martial arts.

A strong lineage is an instructor’s certificate of authenticity

The family tree is the instructor’s "certificate of Authenticity"
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You are embarking on an exciting 62-week journey to learn kung fu with our distance learning program.

This section of the training guide will help you understand a bit more about the programs so you can prepare for your journey.

The course lessons are delivered primarily by video. We then support your training and skill development with a number of high-quality tools and, depending on the program, hands-on training.

This guide will provide you with a daily syllabus from which you can follow along to develop your skills. Each day you may be required to do some reading from the textbooks, engage in purposeful practice, watch supplementary videos, provide a recording of your performance for analysis, and make changes based on those recommendations.

The full program requires approximately two hours a day for 62 weeks.

You also have the option of receiving formal assessments (grading), and even visiting the school for class and personal coaching.

Wing Chun is a "soft style", which avoids or redirects incoming energy. To make this happen we engage heavily in partner exercises to train our sensitivity. We train "ting jing" or "listening energy" so we can feel our opponent's slightest movement and prevent emergencies by starting to react early. To train listening energy you will need a partner. It's best to get a friend with a similar amount of training, motivation and commitment.

Without a training partner, you can still gain many of
the benefits the curriculum offers. You will improve your health/fitness, confidence, knowledge, self-defense abilities, critical thinking skills, wisdom and more. You will be able to learn and practice most of the skills in the system but without a partner you will be limited to how much fine-tuning you can do. To draw an analogy, you will have all the knives you need but they can always be made sharper.

**My Training**

You will be introduced to all the key drills in the system. During my training, I would perform each drill for 20 minutes - so I would spend 3 hours each night doing drills, after a full day of work. One time I spent 3 hours a day for 6 months doing just one drill. I really wanted to get the most value from it and I learned a ton. I trained 3-4 hours every day for 10 years.

I don't expect everybody to do anything that crazy though. I designed this program specially for you. Although the curriculum we follow is the same as the one I followed while learning, the amount of time spent on each drill has been reduced. My goal was to put together a 62 week program for you that would take about 2 hours a day of study and practice.

You can follow the Wing Chun University videos which are organized by topic or the Blu-ray Discs which are organized by curriculum step. You can also watch both to glean even more information.

Descriptions of both video paths are below to help you decide which one suits your learning style best, or if you would like both.

**For Students**

The video series has over 1,000 minutes of top-quality video instruction.

Trying to learn Wing Chun from a thin book or single DVD can be very frustrating. Most teachers are good at explaining a specific form, technique, or position, but they fail to explain the bigger picture, how everything interrelates, and they really fail in teaching you HOW and WHAT to train for maximum effectiveness in your workouts. Other Wing Chun training sites are the same way - they just re-hash old DVDs or similar videos. We are different.

Sifu Wayne's course offers the entire system, covered in 49 twenty-minute videos, for a total of over 1,000 minutes of top-quality kung fu lessons. Now you can finally use our proven training methods to accelerate you through the natural Wing Chun learning process. You now have the ability to learn the entire Wing Chun system online. In addition, you are told what to train and how to train so that you obtain Wing Chun mastery as quickly as possible.

**For Schools**

The key to effective Wing Chun training is using a well organized, logical, and proven approach. The building blocks of Wing Chun need to be assembled into a logical steps for maximum effectiveness. Just like you learn to walk and then run, there is a natural order of technique progression that ensures retention. Use our detailed Wing Chun training curriculum to guide your lessons and ensure your students achieve maximum Wing Chun results. We offer courses for schools to use and teach by, but currently our curriculum for schools is offered by request only.
SIFU WAYNE BELONOHA
Valuable lessons and information that will advance your wing chun skill.

THE COMPLETE VING TSUN COURSE

I teach you the entire ving tsun course using exactly the same methods I use in my schools. Follow the curriculum with me sequentially from novice to instructor. All new HD video! Also available as digital download.

UNIVERSITY COURSE VIDEOS

With our continuously growing selection of topic-based videos, you pick the subject you want to learn and follow it from introductory to master level topics, skipping unrelated curriculum steps.

AN APPROACH TO WING CHUN

My newest book aims to present a strong introduction to ving tsun kung fu. In this book you will learn the first ving tsun form, the main footwork & hand techniques, training drills, sticking hands, and street applications.

TEXT BOOKS

The Wing Chun Compendium set is widely recognized as the most comprehensive Wing Chun series ever written. Whether you’re a teacher or student, these heavily illustrated manuals are a must for your study and collection!

You can buy your textbooks, purchase or download DVDs, or download your a-la-carte lessons at EVERYTHINGWINGCHUN.com
Two Approaches to Learning

Two different approaches provide the most holistic view of the system.

The ving tsun system is taught by following a curriculum made up of 108 unique steps. These steps, and their order, remain the same regardless of whether you follow the WCU video lessons or the Blu-ray disc lessons.

The Blu-ray disc instruction and WCU instruction each have different examples and demonstrations than the other. Watching both would give the most exposure to the step or topic, and the overlap would provide valuable reinforcement of major points. Buying both sets will gain you 40% - 60% additional content, description, demonstration & understanding over watching either one alone. Let’s say the WCU gives the key points and spreads left while the Blu-ray disc gives the same key points but spreads right. Both are valuable but together you will receive a more holistic understanding.

Organization of the WCU Video Course Lessons.
The WCU teaches the 108 steps by topic. Each lesson talks about a specific topic for approximately 20 minutes. If 20 minutes is not enough, the topic is continued in the subsequent lesson. Think of the WCU course this way - if you come for a private lesson and want to learn the cham kiu form, I will teach you steps 38, 43 and 54 and skip the in-between steps.

The WCU course will show how one specific skill connects and develops. The WCU course has more detail in each lesson than the Blu-ray disc set.

Organization of the Blu-ray Disc Set Course Lessons.
The Blu-ray Disc set follows the 108 step curriculum sequentially. Just like I teach them to my students, in my schools. When your skill in step 6 (for example) is good enough, you will be taught step 7. Each disc is approximately an hour and a half long. Discs are available individually or bundled as a set.

The disc set has a follow-along section so there is more demonstration than with the WCU course.
### WCU Bundles

**WCU videos are also available in cost-saving bundles.**

#### Bundled by Sash

**White Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 1 - 23. Demonstrate these steps to earn your next (red) sash.*
Lessons 1 - 12, 15

**Red Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 24 - 36. Demonstrate these steps to earn your next (green) sash.*
Lessons 12-14, 16-20f

**Green Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 37 - 59. Demonstrate these steps to earn your next (blue) sash.*
Lessons 3, 14b, 20h, 21-26, 33

**Blue Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 60 - 79. Demonstrate these steps to earn your next (black) sash.*
Lessons 20d, 25a, 27 - 33

**Black Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 80 - 93. Demonstrate these steps to earn your next (gold) sash.*
Lessons 34 - 42

**Gold Sash Bundle**
*This bundle contains the lessons that teach curriculum steps 94 - 108. Demonstrate these steps to earn your next (gold level 2 & 3) sashes.*
Lessons 43 - 49

#### Lessons Bundled by Skill

**Stance / Leg Training**
Lessons 2, 9, 11, 14a, 14b, 21, 25

**Punching Training**
Lessons 3, 13

**Hand Training**
Lessons 4, 6, 7, 15

**Single Chi Sau**
Lesson 16, 17

**Double Chi Sau**
Lessons 18,19,20a-h, 32

**Fight Simulator**
Lesson 23, 33

**Long Pole**
Lessons 41, 42

#### Bundled by Form

**Siu Nim Tau Form**
Lessons 5, 8, 10, 12

**Cham Kiu Form**
Lessons 22, 24, 26

**Biu Ji Form**
Lessons 27, 28, 29, 30, 31

**Mook Jong Form**
Lessons 34, 35, 36, 37, 38, 39, 40

**Long Pole Form**
Lessons 43, 44

**Baat Jam Dao Form**
Lessons 45, 46, 47, 48, 49
Supplemental Videos

Videos to supplement the WCU and Blu-ray Disc lessons.

About Supplemental Videos

Both the WCU and the Blu-ray disc set follow the 108 step curriculum. The steps are supplemented by videos that discuss either more depth or breadth (or possibly both) to give you even better understanding and context. These supplementary videos are added to the university course continuously to answer questions and give details that may point the way to the deeper understanding required to be an instructor.

The videos may talk about theory to help explain a complex topic. The supplemental videos may include more demonstrations so you can see the theories in action. They may also provide examples of how a technique may be used in a real-life situation.

The videos may also describe how the techniques follow a particular principle or ving tsun idiom. In some cases it's not always easy to see how many rules are being applied in any technique - and these videos will help draw attention to this as well.

Both sets of videos list some of the most common mistakes. We find the same 5 mistakes happen very frequently if unmentioned. The supplemental videos cover all the other ways you can do a drill wrong.

Supplemental Videos

Bring You More
Clarification & Understanding

Idiom & Theory Applications
Right Things to Do
Mistakes to Avoid
Terminology & Translations
Street Applications
Demonstrations
Mindset & Attitude
Meanings of the Kuen Kuit
and
All The Small Details
Your sifu is the author of The Wing Chun Compendium series of books. It is a best selling series about the art of ving tsun. They have sold more copies than any other wing chun book ever printed (according to Amazon sales statistics), getting as high as #16 in Amazon's list of martial arts bestsellers.

The books are an invaluable learning tool to supplement a student's training at Wai's Kung Fu. The Wing Chun Compendium series of books contain tips and explanations of all the techniques taught to every student.

It is recommended that each student read the manual to supplement their own training and understanding. It is not recommended, however, that a student use the manual to try to learn techniques that they have not been taught by sifu Belonoha. Sifu has a plan for each and every student to ensure optimal learning and will teach new skills when the 4th level of competency has been reached in the current skills. To teach new skills too early will actually impair the growth of the student.

We believe it's more valuable to have depth of skill over breadth of knowledge. We encourage students to gain a deeper understanding of their current skills over learning new skills before they are ready.

*Widely recognized as the most comprehensive Wing Chun books ever written.*

"A masterful and scholarly work. I wholeheartedly recommend this outstanding resource." -Sifu David Peterson
Real-Time Video Lessons

Live conversation with Sifu Wayne

We use Skype, Google Hangouts, Facetime and Email to stay in touch with you.

With the technology available today it is easy to stay in touch and even watch techniques performed live. We leverage this technology and expect instructor candidates to meet via video for corrections at least once per week. During the meetings we can discuss your progress using the testing rubric as well, so you can have an idea about which skills still need development or if you are ready to test. You can ask to be tested or for feedback any time. We feel that the more feedback you have, the more quickly you will advance, but we will let you know in advance if you’ve drastically overestimated your abilities and have only a slim chance of passing.

If you have a quick question, email and / or video calls are free. Half-hour and one-hour video lessons are $30 and $60 respectively and can be scheduled at your convenience.
The Ah-Ha Moment
See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

Video Standards
All skills should be recorded from the front (where possible) and both sides using the same camera. This will require each skill be performed a minimum of 3 times. This will help give a better understanding of the skill being performed and of consistency. Maximum video length for an ad hoc assessment is 10 minutes.

The video needs to be imported into sifu Wayne's state-of-the-art correction software so please send the video in any of the most common 5 formats - mp4, mov, avi, flv, or wmv. In return you will receive a new video with the comments embedded.

If you're not familiar with how to send larger video files, you can check out wetransfer.com and dropbox.com; but there are many other free alternatives as well and we can work with most of them. Send your video to videoassessments@waiskungfu.com

Video Assessments are $29.95 each, and you can request them at any time. They can be purchased online here: Wai's Kung Fu Store. Then click on Services and Video Assessment from the dropdown list. From there you can continue through to checkout.

Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
Every two months, sifu Wayne writes an informative article on ving tsun for Wing Chun Illustrated magazine. The content for these articles come primarily from questions students ask in class. These articles are an inexpensive and informative asset to your training.
Limitations & Restrictions

The fine print.

Martial arts training, like many sports, is a potentially dangerous activity. Before beginning any training or exercise program, you should first consult with your physician.

Risk of Physical Injuries: Bumps, bruises, scrapes, scratches and soreness are commonplace, and most students will encounter this sort of minor injury in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. Although it is very rare for students to encounter serious injuries, the possibility exists, including fractured bones and torn ligaments. As with any physical activity, there also exists the remote possibility of crippling or death.

Liability: The techniques discussed and demonstrated within this video are being performed by healthy professionals and are being shown solely for educational purposes. No one should attempt these techniques without personal instruction from a qualified teacher. By purchasing and/or watching any content produced/sold by or affiliated with the Wing Chun University or sifu Wayne, you are affirming that you understand the above statement of risk (physical injuries), and accept all the responsibility for any training techniques, advice, and/or methodologies mentioned herein. You assume responsibility for your own safety, actions, and understanding, and accept all risks involved with martial arts training. By assuming this risk, you completely absolve all authors, creators, and affiliates of this Web site and their videos from liability for any injury (to you or another) or misuse of the information contained herein.

Anyone who attempts these techniques does so at their own risk and assumes 100% responsibility for their actions and the results of said techniques, including any legal action taken against them.

In plain English, you take all accountability & responsibility for your actions and their effects no matter what.
Instructor Certification

How the instructor certification program works.

Wai’s Kung Fu Distance Learning Instructor Program

I’m very happy to hear you’re interested in the instructor certification; teaching is a very exciting and rewarding role - and carrying on the lineage is gives you a distinguished position in the martial arts community as well.

In the next few pages I hope to give you all the information you need to decide whether or not our program is right for you as well as what you will need to successfully become a certified instructor.

Instructor Training Overview

I should offer a bit about what we do (and do not do) early in the document to potentially save you time. We are a professional organization established to pass along our martial art, and all its benefits and skills, to the highest degree possible. As with anything that provides lifelong value, it’s not a walk in the park. Hard work and effort are required. Kung fu, in the name alone, describes that skill that comes from consistent effort. If you want to open your own school, consider the learning path to become a reputable instructor at your own golf or tennis school. It’s absolutely possible and with our training methods it should take about 5 years to become an instructor.

You will learn the curriculum and skills as taught at the other schools who are recognized to teach Ip Man’s style of ving tsun. This includes our schools, so you will learn and be held to the same standard as all our other students and instructors. You will be graded and given sashes as you learn and progress through the system. As you work through the curriculum, you will also be taught how to teach. When your skill is high enough you will practice teaching that skill, under the guidance of a certified instructor, until you can teach it to our standards.

We want you to learn the skills as quickly as possible and our curriculum provides the foundation for optimal growth. To give an analogy, it provides exactly the right amount of water, light and food at the right times to make the tree grow as quickly as it’s able.

In our course we have only 6 levels - one level for each
form - so you should strive to be graded about once per year instead of once each quarter. When you learn the last form, you are certified as an instructor. We believe motivation is intrinsic and development of real skills and the associated life benefits is enough for the serious instructor candidate, so a large number of levels are not required. The gradings are a formal affair, complete with a detailed skill development report card and overall score. The report card will show you which areas or skills need more work and your overall score will show whether you met the passing grade of 70%. The grading rubric is available upon request so you can prepare for your testing. For your instructor levels, you will be tested directly by Grandmaster Sunny Tang.

**Effective Subtlety**

Ving tsun deals with incoming forces softly, often leading the opponent into emptiness. It’s also known for its cultivation of reflex sensitivity. This sensitivity allows us to feel and anticipate attacks and nullify them even when those movements are subtle or fast. You will learn a relaxed physical and mental state when fighting. You will move instantly and effortlessly with very narrow margins of error and a flexible fluid state where you move freely from one reaction and technique to another based on what you feel from your opponent. We also train and use explosive “fa jing” energy as demonstrated in the one inch punch. It is very easy to underestimate the amount of practice required to gain these skills, and we maintain high standards, where many do not. I offer this background about the art as a basis to help you understand why we do things the way we do.

We do not have a “learn it and teach it methodology”. In order to teach, demonstrate and effectively answer your student’s questions, we feel it’s important to be familiar with and able to perform every technique in the system with these attributes above. We also expect to have a positive healthy relationship with our instructors - and this type of relationship takes time.

The skills above require many hours of practice before they even start to develop. We therefore will not allow a prospective instructor to teach what they learned right away as it cannot be properly demonstrated. We believe it’s reasonable to ask an instructor to demonstrate any skill he or she is trying to teach. Imagine a tennis coach trying to teach topspin on a ball without being able to perform the skill, a golf coach trying to teach how to hit the ball straight while slicing it into the lake, a musician teaching a student to have perfect tone and tune while having poor tone and tune themselves, an artist teaching a student to draw with only rudimentary drawing skills. You get the idea - but the point remains - when it comes to martial arts people believe it’s somehow different than these other skill based arts. For us, skill is applied knowledge, and you can be assured your instructors will be able to demonstrate what they are teaching with a high level of quality.

The sensitivity skills of ving tsun must be developed with a partner. Ving tsun has a unique skill development tool as part of the curriculum called chi sau or sticking hand drill. The drill is similar to sensitivity drills like Tai Chi’s Pushing Hands drill; and it requires a partner. It is highly recommended that a prospective instructor spend at least 4 hours a week training with a partner. Optimally, we would suggest 1-2 hours a day of practice, although we do understand that not everybody’s schedule permits this degree of training. Having said that, there are some skills which can be trained alone. The ability to move from harm’s way economically, gracefully with good timing is a key skill. The shifting and rotating skills in our curriculum will require some practice to develop the skills. We recommend to our local students that they practice a minimum of 1000 repetitions each day of the skill they wish to develop. Consider the practice it would take to become the head instructor at a professional golf or tennis school.

**Instructor Standards**

All certified instructors and assistant instructors must adhere to this set of standards:
• Ensure a professional learning environment. Classes will not be held in basements, living rooms, garages, etc.
• Only ving tsun kung fu will be taught in that space during class times. To maintain the quality of the system, Ving Tsun will not be taught at the same time as another martial art in the same space. If other or hybrid arts are to be taught, the class must be clearly identified that it is not Ving Tsun.
• Classes will be held at regularly scheduled times.
• Instructors must not have a criminal record.
• Instructors uphold the values and standards of Wai’s Kung Fu.
• Instructors must be at least 25 years of age.
• Must actively teach 2+ ving tsun classes per week.
• Must teach at least 5 regular students.
• Must attend the annual instructor certification seminar.
• Must teach from the approved curriculum.
• Classes will have only adults. We have found through experience that students under the age of 18 don’t have the motivation to study, train and focus to the level required to be successful at ving tsun. Although there have been exceptions, the deep value of ving tsun cannot readily be grasped by the young. We therefore don’t accept students under 18 years of age. This is a courtesy to the children, the parents, and other students who benefit from training with a motivated, mature partner.
• For the benefit of future students and generations, instructors will maintain a positive relationship with their sifu

HANDS ON TRAINING REQUIREMENTS

PURPOSEFUL PRACTICE IN THE COURTYARD AT BRUCE LEE PARK, SHUNDE, CHINA

Time

There is prerequisite hands on training required. The training must be done at a Wai’s Kung Fu School in classes held by a certified instructor. You can substitute or supplement classes with personal one-to-one coaching. You will need to attend 500 total hours of hands on practice to become a certified instructor. Red sash will require 50 hours. Green and blue require 75 hours each. Black and gold require 150 hours each.

We require that you visit at least every 6 months for hands on training.

During your stay, we suggest you train with other students during off-class hours. Typically, other students are available and happy to train with you as all students understand the value of helping other students and working on the fundamentals. Training with other students is free but does not contribute to your practicum quota. If you are a nice guy and are motivated, you will have no problem finding partners. However, if you are training off hours with one of the certified instructors, that time does contribute to your practicum quota. Payment for non class training can be negotiated between you and the instructor. We don’t impose a minimum hourly rate.

There are no restrictions on when you can train with other people. Any time, including weekends and evenings are available to schedule a one-to-one session, depending on availability of the instructor. The session start time can be discussed.

Cost

The cost for the 500 hours of classroom training is $5,000, paid in advance. Any private lessons you wish to take will be charged at a rate of $70 per lesson. We reduce the regular lesson price by lesson by the price of one class
for instructor program members.

We strongly recommend you attend a lesson every other week for a total at one one-to-one lesson for every 20 hours of classroom practice. That amounts to 25 on-to-one sessions, and an additional cost of $1,750.

Our uniform costs about $80. It includes a T-shirt, kung fu pants, and fei vee brand shoes. When you pass a belt test, you can purchase a satin sash from the school for about $30. Neither are mandatory, but when in open class and when training the uniform and sash will help with your mind set.

**Logistics**

You will be responsible for your own travel and lodging. It is recommended to stay for as long as possible to maximize your hands on training time as this is the most effective means of developing your skill.

Certified instructors and family members visiting the Atlanta school can stay at the school’s guest suite for $50/night. It includes kitchen, shower, internet, cable TV, a huge library of interesting videos, a games room and more.

**Limitations and Restrictions**

We will not be held responsible for any injuries, losses, or damages which may be sustained or incurred by any person while participating or practicing in any activities of this correspondence course, including people who are affected by people using the techniques or inspired by the techniques in this course. We reserve the right to refuse and / or terminate the membership and / or instruction of any person for abusing the art they are learning, misrepresenting Wai’s kung fu or misleading any other person.

Our risk free program offers a full 30-day 100% money back guarantee.
**What Do I Need to Pass My Test**

Regardless of the path you choose to take through the system - either the topic based WCU lessons or the curriculum based Blu-ray disc set, you will have to demonstrate key skills to pass your test. The test will involve demonstrating the skills taught in the following steps.

- **Test for Red Sash**: Demonstrate the skills from steps 1-23
- **Test for Green Sash**: Demonstrate the skills taught in steps 24-36
- **Test for Blue Sash**: Demonstrate the skills taught in steps 37-59
- **Test for Black Sash**: Demonstrate the skills taught in steps 60-79
- **Test for Gold Sash**: Demonstrate the skills taught in steps 80-93
- **Test for Gold Sash Levels 2 & 3**: Demonstrate the skills taught in steps 94-108

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**Certified Gold Sash Rank Experience Table**

<table>
<thead>
<tr>
<th>Level</th>
<th>Title</th>
<th>Practice Period</th>
<th>Minimum Years Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Instructor</td>
<td>After passing the examination</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Instructor</td>
<td>after 2 additional years of certification</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Instructor</td>
<td>after 2 additional years of certification</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>Instructor</td>
<td>after 2 additional years of certification</td>
<td>6</td>
</tr>
<tr>
<td>5</td>
<td>Senior Instructor</td>
<td>after 4 additional years of certification</td>
<td>10</td>
</tr>
<tr>
<td>6</td>
<td>Senior Instructor</td>
<td>after 4 additional years of certification</td>
<td>14</td>
</tr>
<tr>
<td>7</td>
<td>Master Instructor</td>
<td>after 8 additional years of certification</td>
<td>22</td>
</tr>
<tr>
<td>8</td>
<td>Master Instructor</td>
<td>after 8 additional years of certification</td>
<td>30</td>
</tr>
<tr>
<td>9</td>
<td>Grandmaster Instructor</td>
<td>after 8 additional years of certification</td>
<td>38</td>
</tr>
</tbody>
</table>
LEARNING PROGRAMS

How the certification programs works.

<table>
<thead>
<tr>
<th>PROGRAM OVERVIEW</th>
<th>Recreational Program</th>
<th>Academic Certification</th>
<th>Instructor Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Assessments</td>
<td>Optional</td>
<td>Optional</td>
<td>Recommended</td>
</tr>
<tr>
<td>108 Step Curriculum</td>
<td>Optional</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Formal Testing</td>
<td>Optional</td>
<td>Pass with Score &gt; 60%</td>
<td>Pass with Score &gt; 75%</td>
</tr>
<tr>
<td>Practicum Required</td>
<td>Optional</td>
<td>300 Hours</td>
<td>500 Hours</td>
</tr>
</tbody>
</table>

| Can Use WCU Path          | Yes                  | Yes                     | Yes                      |
| Can Use Blu-ray Path      | Yes                  | Yes                     | Yes                      |
| Certificate Provided      | No                   | Yes                     | Yes                      |

VIDEO ASSESSMENTS:
We offer video assessment of your progress at any time you wish. Let us know which skill or curriculum steps you wish to have evaluated and we will send you a return video with our suggestions and voiceover comments clearly embedded. From there you will have a clear record of what we suggest you work on. Maximum video length is 10 minutes.

INTERIM GRADING:
You can go through the grading process whenever you wish. Many students do this every 6 months just to get a good understanding of their progress and where to focus their efforts. Send a video covering all the steps included in your current sash and we will provide a formal report that follows our grading rubric. You will also receive comments about where more work is required.

FORMAL GRADING:
When you feel you are ready to be formally graded for your next sash, just let us know. Send a video covering all the steps included in your current sash. For formal academic and instructor programs, you will have to have met the practicum requirements before testing. Some of the testing will require hands-on demonstrations with a certified instructor. After the grading you will receive a formal report that follows our grading rubric. You will also receive comments about where more work is required.

GRADING FEES:

<table>
<thead>
<tr>
<th></th>
<th>Formal Grading</th>
<th>Interim Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Sash Grading</td>
<td>$30</td>
<td>$30</td>
</tr>
<tr>
<td>Green Sash Grading</td>
<td>$40</td>
<td>$40</td>
</tr>
<tr>
<td>Blue Sash Grading</td>
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<td>$40</td>
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<tr>
<td>Black Sash Grading</td>
<td>$500</td>
<td>$80</td>
</tr>
<tr>
<td>Gold Sash Grading</td>
<td>$500</td>
<td>$80</td>
</tr>
</tbody>
</table>
**Video Assessment Fees:**
All video assessments are $19.95

**Grading Criteria**

**Formal Testing Rubric**

Our formal testing rubric will take into consideration the following attributes when performing each curriculum step. Your grade will be based on how well you can demonstrate these attributes. As you work your way through the curriculum, these attributes must be executed with increasingly higher quality.

- Relaxed Naturalness / Confidence
- Power
- Structure
- Relaxed Firmness
- Fa Jing
- Coordination
- Fluidity
- Rhythm
- Balance

Intent
Solidity
Effective Subtlety
Timing
Speed
Calmness
Accuracy
Position
Agility

Definitions of these attributes can be found in the course textbooks. Each attribute will be scored as a 1, 2 or 3 where 1 is unacceptable. A total score will be rendered as a percentage of the perfect score.

Deviations from optimal will result in a slight or serious deduction. Deviations include:

- Loss of Balance or Footing
- Hesitation / Stuttering
- Confused Movements
- Forgetfulness
- Long Pauses
- Weapon / Wardrobe Mishaps

**Practicum Hours**

A practicum is required for Academic and Instructor certifications. Both Regular Classes and Private Lessons count toward the practicum hours.

There are a prerequisite number of hours required for Academic testing eligibility.

- Red Sash Test Prerequisites: 25 hours within a 2 month period
- Green Sash Test Prerequisites: 50 hours within a 2 month period
- Blue Sash Test Prerequisites: 50 hours within a 2 month period
- Black Sash Test Prerequisites: 75 hours within a 3 month period
- Gold Sash Test Prerequisites: 100 hours within a 3 month period

There are a prerequisite number of hours required for Instructor testing eligibility.

- Red Sash Test Prerequisites: 50 hours within a 2 month period
- Green Sash Test Prerequisites: 75 hours within a 2 month period
- Blue Sash Test Prerequisites: 75 hours within a 2 month period
- Black Sash Test Prerequisites: 150 hours within a 3 month period
- Gold Sash Test Prerequisites: 150 hours within a 3 month period
Regular classes and private lessons are charged at current regular school membership rates. Classes are 1.5 hours each.

1 Hour Private Lesson: $80/hr
60 Class Pass: $450
100 Class Pass: $700
300 Class Pass: $1,350

Please check the website for the most up-to-date pricing.
Daily Training Plans

A syllabus for each day of your training

Time to start your training. Good luck. Try to live in the moment and enjoy it. I'm here to support you if you have questions.

-Sifu Wayne.
**TRAINING PLAN**  
**Week: 01  Day: 01**

**WATCH:**  
From Blu-ray: Disc 01 Step 01 (What is Ving Tsun)  
From WCU Course: Lesson 01a (About Ving Tsun)

**READ:**  
Wing Chun Compendium (Volume 1) Pages 1-14

**Daily Purposeful Practice**
- Open & close the stance 50 times
- Set a timer for 3 minutes. Open the stance. Stay in position until the timer ends. Repeat this 10 times.

**TRAINING PLAN**  
**Week: 01  Day: 02**

**WATCH:**  
From Blu-ray: Disc 01 Step 02 (Adduction Stance)  
From WCU Course: Lesson 02a (Adduction Stance)

**READ:**  
Wing Chun Compendium (Volume 1) Pages 41 & 130-132

**Daily Purposeful Practice**
- Send an email to sifu@waiskungfu.com and introduce myself
- No other practice required today.
TRAINING PLAN
Week: 01  Day: 03

WATCH:
From Blu-ray: Disc 01 Step 03 (Sun Fist Punch)
From WCU Course: Lesson 02a (Stance Training)

READ:
Wing Chun Compendium (Volume 1) Pages 226 - 232
Wing Chun Compendium (Volume 2) Pages 140-141

Daily Purposeful Practice

Stance Opening Drill: Open the stance, punch 25 times with each hand, close the stance. Relax. Repeat 10 times. Focus on proper technique, not power
❑ Practice the Stance Opening Drill

TRAINING PLAN
Week: 01  Day: 04

WATCH:
From Blu-ray: Disc 01 Step 04 (Siu Nim Tau Part 1)
From WCU Course: Lesson 05a (Siu Nim Tau Form)

READ:
Wing Chun Compendium (Volume 1) Pages 226 - 232
Wing Chun Compendium (Volume 2) Pages 140-141

Daily Purposeful Practice

Punching Drill: 3 sets of 25 punches
Siu Nim Tau Drill: Do as much of siu nim tau as you have learned. Repeat 10 times
❑ Practice the Punching Drill
❑ Practice the Siu Nim Tau Drill

COUPON
1 FREE VIDEO ASSESSMENT a $29.95 value

Mention this coupon from step 4 of this guide and receive a free video assessment. Limit 1 per person.
**Training Plan**

**Week: 01  Days: 5 - 7**

**Watch:**
- From Blu-ray: Disc 01 Step 05 (Slap Block)
- From WCU Course: Lesson 04a (Hand Technique Training)

**Read:**
Wing Chun Compendium (Volume 1) Pages 42 & 101-105

**Daily Purposeful Practice**

- Stance Opening Drill: Open the stance, punch 25 times with each hand, close the stance. Relax. Repeat 10 times. Focus on proper technique, not power.
- Practice the Stance Opening Drill

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**Training Plan**

**Week: 02  Days: 8 - 12**

**Watch:**
- From Blu-ray: Disc 01 Step 06 (Siu Nim Tau Part 2)
- From WCU Course: Lesson 05a (Siu Nim Tau Form)

**Read:**
Wing Chun Compendium (Volume 1) Page 232 Photos 17-38

**Daily Purposeful Practice**

- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill
TRAINING PLAN
Week: 02  Days: 13 - 15

WATCH:
From Blu-ray: Disc 01 Step 07 (Palm Up Block)
From WCU Course: Lesson 06a (Hand Technique Training)

READ:
Wing Chun Compendium (Volume 1) Pages 42 & 101-105

Daily Purposeful Practice

Stance Opening Drill: Open the stance, punch 25 times with each hand, close the stance. Repeat 10 times. Focus on proper technique, not power.
- Practice the Stance Opening Drill

TRAINING PLAN
Week: 03  Days: 16 - 18

WATCH:
From Blu-ray: Disc 01 Step 08 (Grabbing Hand)
From WCU Course: Lesson 07a (Hand Technique Training)

READ:
Wing Chun Compendium (Volume 1) Pages 14-16 & 159

Daily Purposeful Practice

Paak Sau Drill: From this point forward, add laap da into the paak sau drill. Increase the number of sets you do from 5 to 15.
- Practice the Siu Lim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill
**Training Plan**

**Week: 03  Days: 19 - 21**

**Watch:**
From Blu-ray: Disc 01 Step 09 (Siu Nim Tau Part 3)
From WCU Course: Lesson 08a (Siu Nim Tau Form)

**Read:**
Wing Chun Compendium (Volume 1) Pages 53-55 & 239-243

**Daily Purposeful Practice**
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

**Training Plan**

**Week: 04  Days: 22 - 24**

**Watch:**
From Blu-ray: Disc 01 Step 10 (Circle Step)
From WCU Course: Lesson 09a (Stance Training)

**Read:**
Wing Chun Compendium (Volume 1) Pages 151-152 & 170-171

**Daily Purposeful Practice**
- **Paak Sau Drill:** From this point forward, add circle step to the paak da, laap da and taan da hand techniques.
- Practice the Siu Lim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

**Coupon**

15% OFF ANY PUNCHING BAG
Use code WBVTS-BAGJOW15 at EverythingWingChun.com.
Click Here to Shop
**Video Reviews**

_Sifu Wayne will watch your videos and offer valuable personalized suggestions_

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**The Ah-Ha Moment**

See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
TRAINING PLAN
Week: 04  Days: 25 - 29

WATCH:
From Blu-ray: Disc 01 Step 11 (Siu Nim Tau Part 4)
From WCU Course: Lesson 10a (Siu Nim Tau Form)

READ:
Wing Chun Compendium (Volume 1) Pages 60-66 & 243-245

Daily Purposeful Practice
- Practice the Siu Lim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

TRAINING PLAN
Week: 05  Days: 30 - 34

WATCH:
From Blu-ray: Disc 01 Step 12 (Siu Nim Tau Part 5)
From WCU Course: Lesson 10a (Siu Nim Tau Form)

READ:
Wing Chun Compendium (Volume 1) Pages 66-67, 161, & 245-248

Daily Purposeful Practice
- Practice the Siu Lim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

COUPON

1 FREE VIDEO ASSESSMENT
a $29.95 value

Mention this coupon from step 11 of this guide and receive a free video assessment. Limit 1 per person.
**Training Plan**  
*Week: 05   Days: 35 - 39*

**Watch:**  
From Blu-ray: Disc 02 Step 13 (Combination Drills)  
From WCU Course: Lesson 09a (Stance Training)

**Read:**  
Wing Chun Compendium (Volume 1) Pages 43 & 165-167

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**Daily Purposeful Practice**

**Paak Sau Drill:** Modify the drill so you don’t play the same technique (paak da, taan da, laap da) twice in a row.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

---

**Training Plan**  
*Week: 06   Days: 40 - 42*

**Watch:**  
From Blu-ray: Disc 02 Step 14 (One Leg Stance)  
From WCU Course: Lesson 09a (Stance Training)

**Read:**  
Wing Chun Compendium (Volume 2) Page 103

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**Daily Purposeful Practice**

**Siu Nim Tau Drill:** When doing this drill from now on, perform it while standing on the left leg, then the right leg, then both legs. Repeat this set 5 times.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill
**TRAINING PLAN**

**Week: 07**  
**Days: 43 - 44**

**WATCH:**
From Blu-ray: Disc 02 Step 15 (Precision & Power)  
From WCU Course: Lesson 03a (Punching Training)

**READ:**
Wing Chun Compendium (Volume 1) Pages 138-142

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**Daily Purposeful Practice**

- Paak Sau Drill: Modify the drill so you don’t play the same technique (paak da, taan da, laap da) twice in a row.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

---

**TRAINING PLAN**

**Week: 07**  
**Days: 45 - 48**

**WATCH:**
From Blu-ray: Disc 02 Step 16 (Rotating)  
From WCU Course: Lesson 11a (Stance Training)

**READ:**
Wing Chun Compendium (Volume 1) Pages 51-52 & 133-137

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**Daily Purposeful Practice**

- Rotating Drill: Keeping your head in the same place, rotate 45 degrees left of center and then 45 degrees right of center. Repeat 100 times.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Punching Drill

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**COUPON**

**15% OFF**  
**LEUNG JAN’S DIT DA JOW**

Use code WBVTS-BAGJOW15 at EverythingWingChun.com. Valid on all jows brewed by Sifu Wayne.

[Click Here to Shop]
Warning: This may be the last training bag you ever have to buy. These heavy-duty bags are built with extra-durable canvas, nylon and/or leather, reinforced seams, quality zippers, and D-rings to ensure an extra long life - and our new 2014 ultra-heavy-duty wall bags take this incredible toughness to a whole new level! Most bags are double-sided with an alternate striking surface on the back. You can now build your punching power quicker than ever before!

Our Bags are Guaranteed: You get a 60-day no-questions-asked money-back return window and 2-year replacement warranty - if you can punch a hole in our Ultimate Wall Bags (or they break at the seams) we will replace them for free! Grab one and start training today.

Visit www.EverythingWingChun.com today!

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When training ving tsun, we apply Dit Da Jow (鐵打酒) medicine to prevent injury. This medicine is famous throughout China and is used to maintain healthy bone and soft tissue, especially after impact training. Literally translated, Dit Da Jow means "Iron Hit Alcohol". It uses alcohol as a base so, like perfumes, it can be absorbed through the skin and will reach the bones and tissue. It will strengthen the soft tissue (including skin) while maintaining a healthy state.

There are many different "recipes" for dit da jow. We are proud to have been selected to offer Leung Jan's Formula for Ving Tsun special Dit Da Jow from our teacher Sunny Tang. There are many different recipes which contain different medicinal ingredients, each of which is made for a different purpose. The secret Dit Da Jow is specially formulated for ving tsun training and has been passed down to only select students for generations. Leung Jan's Ving Tsun Dit Da Jow does the following:

- Reduce pain
- Stimulate blood & chi flow
- Break up blood clots & bruises
- Stimulate healing of soft tissue
- Increase immune system response
- Strengthen soft tissue & bone
- Eliminate heat & swelling
- Anti spasmodic effects
- Prevent calluses
- Bone healing effects
- Purify the blood

Usage:
Apply liberally to affected area. Rub in to affected area, massaging until liquid has been absorbed into the skin. Do not wash the area where you applied the Leung Jan Ving Tsun Dit Da Jow for 2 hours after application.

Warning:
Like most recipes, our Dit Da Jow is poisonous and is to be applied only topically to the skin. For your safety we offer these guidelines:
- Do not apply to open wounds
- Do not take internally
- Do not drink
- Do not pour in eyes
Please consult your physician before taking any medicines or liniments.

I suggest you pick up a bottle of my dit da jow, made from Leung Jan's 16 ingredient formula. [Click Here]
TRAINING PLAN
Week: 07  Days: 49

WATCH:
From Blu-ray: Disc 02 Step 17 (Shifting)
From WCU Course: Lesson 13a (Punching Training)

READ:
Wing Chun Compendium (Volume 1) Pages 72-74

Daily Purposeful Practice

Shifting Drill: Again shifting 45 degrees from center, move your line of gravity over your left then right foot heel. Repeat 100 times.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Rotating Drill
- Practice the Shifting Drill

TRAINING PLAN
Week: 08  Days: 50 - 51

WATCH:
From Blu-ray: Disc 02 Step 18 (Facing the Shape)
From WCU Course: Lesson 13a (Punching Training)

READ:
Wing Chun Compendium (Volume 2) Pages 156-158

Daily Purposeful Practice

- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Rotating Drill
- Practice the Shifting Drill
TRAINING PLAN
Week: 08   Days: 56 - 60

WATCH:
From Blu-ray: Disc 02 Step 20 (Siu Nim Tau Part 6)
From WCU Course: Lesson 12a (Siu Nim Tau Form)

READ:
Wing Chun Compendium (Volume 1) Pages 78-84 & 248-249

Daily Purposeful Practice

❑ Practice the Siu Nim Tau Form
❑ Practice the Paak Sau Drill
❑ Practice the Rotating Drill
❑ Practice the Shifting Drill
❑ Practice the Punching Drill

TRAINING PLAN
Week: 08   Days: 52 - 55

WATCH:
From Blu-ray: Disc 02 Step 18 (Power Hitting)
From WCU Course: Lesson 13a (Punching Training)

READ:
Wing Chun Compendium (Volume 1) Pages 32-43

Daily Purposeful Practice

❑ Practice the Siu Nim Tau Form
❑ Practice the Paak Sau Drill
❑ Practice the Rotating Drill
❑ Practice the Shifting Drill
❑ Practice the Punching Drill
**Video Reviews**

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**Daily Purposeful Practice**

Kicking Drill: Start with left side forward and kick with right leg 25 times. Then repeat with the right leg. Repeat this 3 times.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Rotating Drill
- Practice the Shifting Drill
- Practice the Kicking Drill
WATCH:
From Blu-ray: Disc 02 Step 23 (Bong / Laap Da Drill)
From WCU Course: Lesson 15a (Hand Techniques Training)

READ:
Wing Chun Compendium (Volume 1) Pages 164 & 259
Wing Chun Compendium (Volume 2) Pages 137-139

Daily Purposeful Practice

Bong Laap Da Drill: Practice Bong Laap Da 50 times with left bong sau and 50 times with right bong sau.
- Practice the Siu Nim Tau Form
- Practice the Paak Sau Drill
- Practice the Rotating Drill
- Practice the Shifting Drill
- Practice the Kicking Drill
- Practice the Bong Laap Da Drill

Economize Motion
Economize Time
Economize Energy

Keep 2 hands on centerline.
Face your opponent squarely.
Protect your boundaries.
Hit when you can.
Do not retreat.
Simultaneous block & attack.
Control two hands with one.
Apply the 6 harmonies.
Avoid uncalculated risks.
Do not meet force with force.
Keep a calm mind.
Never lose your balance.
Strive to win with one strike.
Practical for someone half your size.
I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.

Academic Certificate

This certificate is presented upon review of the VING TSUN KUNG FU curriculum steps 1-23 which align with the requirements for RED SASH.
TRAINING PLAN
Week: 10   Days: 69 - 74

WATCH:
From Blu-ray: Disc 02 Step 24 (Single Sticking Hands)
From WCU Course: Lesson 16a (Single Sticking Hands Training)

READ:
Wing Chun Compendium (Volume 1) Pages 177-181

Daily Purposeful Practice

Dan Chi Sau Drill: Practice Dan Chi Sau for 10 minutes on each side (left / right). Play both top and bottom.
❑ Practice the Siu Nim Tau Form
❑ Practice the Rotating Drill
❑ Practice the Shifting Drill
❑ Practice the Kicking Drill
❑ Practice the Dan Chi Sau Drill

TRAINING PLAN
Week: 10   Days: 70 - 74

WATCH:
From Blu-ray: Disc 03 Step 25 (Running / Catching)
From WCU Course: Lesson 17a (Single Chi Sau Training)

READ:
Wing Chun Compendium (Volume 1) Pages 68-69

Daily Purposeful Practice

❑ Practice the Siu Nim Tau Form
❑ Practice the Paak Sau Drill
❑ Practice the Rotating Drill
❑ Practice the Shifting Drill
❑ Practice the Kicking Drill
❑ Practice the Dan Chi Sau Drill
Training Plan
Week: 11   Days: 75 - 76

Watch:
From Blu-ray: Disc 03 Step 26 (Double Sticking Hands)
From WCU Course: Lesson 18a (Double Chi Sau Training)

Read:
Wing Chun Compendium (Volume 1) Pages 182-184

Daily Purposeful Practice

Chi Sau Drill: Practice Pun Sau for 10 minutes on each side (left / right). Play all 4 positions for 10 minutes each.
- Practice the Siu Nim Tau Form
- Practice the Rotating Drill
- Practice the Shifting Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

Training Plan
Week: 11   Days: 77 - 78

Watch:
From Blu-ray: Disc 03 Step 27 (Double Sticking Hands)
From WCU Course: Lesson 17a (Double Chi Sau Training)

Read:
Wing Chun Compendium (Volume 1) Page 67
Wing Chun Compendium (Volume 2) Pages 104-111

Daily Purposeful Practice

Chi Sau Drill: Modify the drill so you run the hands for your partner for 15 minutes. Then your partner runs the hands for you.
- Practice the Siu Nim Tau Form
- Practice the Shifting Drill
- Practice the Kicking Drill
- Practice the Bong Laap Da Drill
- Practice the Chi Sau Drill
TRAINING PLAN
Week: 12  Days: 79 - 83

WATCH:
From Blu-ray: Disc 03 Step 28 (Siu Nim Tau Part 7)
From WCU Course: Lesson 12a (Siu Nim Tau Form)

READ:
Wing Chun Compendium (Volume 1) Pages 85-96 & 251-251

Daily Purposeful Practice

❑ Practice the Siu Nim Tau Form
❑ Practice the Rotating Drill
❑ Practice the Shifting Drill
❑ Practice the Dan Chi Sau Drill
❑ Practice the Chi Sau Drill

TRAINING PLAN
Week: 12  Days: 84 - 85

WATCH:
From Blu-ray: Disc 03 Step 29 (Free Hand Rushes Forward)
From WCU Course: Lesson 19a (Double Chi Sau Training)

READ:
Wing Chun Compendium (Volume 1) Page 75-95

Daily Purposeful Practice

Chi Sau Drill: Modify the drill to fly the punch forward before catching.
❑ Practice the Siu Nim Tau Form
❑ Practice the Shifting Drill
❑ Practice the Kicking Drill
❑ Practice the Punching Drill
❑ Practice the Bong Laap Da Drill
❑ Practice the Chi Sau Drill
Daily Purposeful Practice

Watch:
From Blu-ray: Disc 03 Step 30 (Chi Sau Attacks)
From WCU Course: Lesson 20a (Double Chi Sau Training)

Read:
Wing Chun Compendium (Volume 1) Pages 185-186 & 207-221

Chi Sau Drill: Add attacks into the existing drill. Your partner does not defend yet.
- Practice the Siu Nim Tau Form
- Practice the Rotating Drill
- Practice the Shifting Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

Daily Purposeful Practice

Watch:
From Blu-ray: Disc 03 Step 31 (Chi Sau Defenses)
From WCU Course: Lesson 20a (Double Chi Sau Training)

Read:
Wing Chun Compendium (Volume 1) Pages 193-194
Wing Chun Compendium (Volume 2) Page 24

Chi Sau Drill: Your partner will now practice the defenses to your attacks.
- Practice the Siu Nim Tau Form
- Practice the Shifting Drill
- Practice the Kicking Drill
- Practice the Punching Drill
- Practice the Bong Laap Da Drill
- Practice the Chi Sau Drill
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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**Training Plan**

**Week: 14   Days: 92 - 94**

**Watch:**
- From Blu-ray: Disc 03 Step 32 (Chi Sau Attacks)
- From WCU Course: Lesson 20b (Double Chi Sau Training)

**Read:**
- Wing Chun Compendium (Volume 1) Pages 177-188

**Daily Purposeful Practice**

**Chi Sau Drill:** Add the new attacks into the existing drill. Your partner does not defend the new attacks.
- Practice the Siu Nim Tau Form
- Practice the Rotating Drill
- Practice the Shifting Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

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**Training Plan**

**Week: 14   Days: 95 - 97**

**Watch:**
- From Blu-ray: Disc 03 Step 33 (Chi Sau Defenses)
- From WCU Course: Lesson 20b (Double Chi Sau Training)

**Read:**
- Wing Chun Compendium (Volume 1) Pages 197-198

**Daily Purposeful Practice**

**Chi Sau Drill:** In the drill, your partner will now practice the defenses to your attacks. Increase your chi sau session to 1 hour from now on.
- Practice the Siu Nim Tau Form
- Practice the Shifting Drill
- Practice the Bong Laap Da Drill
- Practice the Chi Sau Drill
## Weekly Practice Plan

### Week: 14   Days: 98 - 100

#### Daily Purposeful Practice

- **Chi Sau Drill:** Add the new attacks into the existing drill. Your partner does not defend the new attacks.
  - Practice the Siu Nim Tau Form
  - Practice the Rotating Drill
  - Practice the Shifting Drill
  - Practice the Bong Laap Da Drill
  - Practice the Chi Sau Drill

#### READ:

- Wing Chun Compendium (Volume 1) Pages 189-192

### Week: 15   Days: 101 - 103

#### Daily Purposeful Practice

- **Chi Sau Drill:** In the drill, your partner will now practice the defenses to your attacks.
  - Practice the Siu Nim Tau Form
  - Practice the Shifting Drill
  - Practice the Punching Drill
  - Practice the Chi Sau Drill

#### WATCH:

- From Blu-ray: Disc 03 Step 35 (Chi Sau Defenses)
- From WCU Course: Lesson 20d (Double Chi Sau Training)

#### READ:

- Wing Chun Compendium (Volume 1) Pages 200-206
- Wing Chun Compendium (Volume 2) Pages 46-47
WATCH:
From Blu-ray: Disc 03 Step 36 (Unstoppable Attacks)
From WCU Course: Lesson 20e (Double Chi Sau Training)

READ:
Wing Chun Compendium (Volume 2) Pages 60-68

Daily Purposeful Practice

- Practice the Siu Nim Tau Form
- Practice the Punching Drill
- Practice the Shifting Drill
- Practice the Chi Sau Drill
I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.

Academic Certificate

This certificate is presented upon review of the

VING TSUN KUNG FU

curriculum steps 24 - 36

which align with the requirements for

GREEN SASH
Daily Purposeful Practice

From Blu-ray: Disc 04 Step 37 (Unstoppable Attacks)
From WCU Course: Lesson 20f (Double Chi Sau Training)

READ:
Wing Chun Compendium (Volume 2) Pages 69-74

Daily Purposeful Practice

Cham Kiu Form: Practice as much of the form as you have learned in the course. Repeat the form 5 times.

- Practice the Shifting Drill
- Practice the Punching Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

Training Plan
Week: 16   Days: 106 - 119

WATCH:
From Blu-ray: Disc 04 Step 38 (Cham Kiu Form Part 1)
From WCU Course: Lesson 22a (Cham Kiu Form)

READ:
Wing Chun Compendium (Volume 1) Pages 274-292
**TRAINING PLAN**

**Week: 18   Days: 120 - 126**

**WATCH:**
From Blu-ray: Disc 04 Step 39 (Moving the Horse)
From WCU Course: Lesson 21a (Pushing Horse Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 166-167

**Daily Purposeful Practice**

Toi Ma Drill: You will train your partner's stance first. Practice for 20 minutes. Then your partner pushes your stance.

- Practice the Toi Ma Drill
- Practice the Chi Sau Drill
- Practice the Punching Drill

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**TRAINING PLAN**

**Week: 19   Day: 127**

**WATCH:**
From Blu-ray: Disc 04 Step 40 (Moving the Horse)
From WCU Course: Lesson 21a (Pushing Horse Training)

**READ:**
Wing Chun Compendium (Volume 1) Page 17

**Daily Purposeful Practice**

- Practice the Punching Drill
- Practice the Shifting Drill
- Practice the Toi Ma Drill
- Practice the Chi Sau Drill
**REMINDER!**

It's time to send me a video of your progress with any questions you have.

**Congratulations on your green sash!**
**Let's have a look at that technique shall we?**

---

**The Ah-Ha Moment**

See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and more. Get the clear and understandable corrections you need!

**Video Standards**

Video size should be no smaller than 600x800 resolution and should be at least 29 frames per second. If the video is too dark, too light, blurry or has otherwise poor visibility, it can not assess it.

All skills should be recorded from the front (where possible) and both sides using the same camera. This will require each skill be performed a minimum of 3 times. This will help give a better understanding of the skill being performed and of consistency. Maximum video length for an ad hoc assessment is 10 minutes.

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The video needs to be imported into sifu Wayne's state-of-the-art correction software so please send the video in any of the most common 5 formats - mp4, mov, avi, flv, or wmv. In return you will receive a new video with the comments embedded.

If you’re not familiar with how to send larger video files, you can check out wetransfer.com and dropbox.com; but there are many other free alternatives as well and we can work with most of them. Send your video to videoassessments@waiskungfu.com

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**TRAINING PLAN**

**Week: 19  Day: 128**

**WATCH:**
From Blu-ray: Disc 04 Step 41 (Single Attacks Toi Ma)
From WCU Course: Lesson 21a (Pushing Horse Training)

**READ:**
Wing Chun Compendium (Volume 1) Pages 62-66

**Daily Purposeful Practice**

Toi Ma Drill: Add single attacks to the drill.
- Practice the Toi Ma Drill
- Practice the Chi Sau Drill
- Practice the Punching Drill

**TRAINING PLAN**

**Week: 19  Day: 129**

**WATCH:**
From Blu-ray: Disc 04 Step 42 (Free Hand Rushes Forward)
From WCU Course: Lesson 21a (Pushing Horse Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 117-120

**Daily Purposeful Practice**

Toi Ma Drill: Add free hand rushes forward to the drill.
- Practice the Toi Ma Drill
- Practice the Shifting Drill
- Practice the Chi Sau Drill
- Practice the Rotating Drill

**COUPON**

1 FREE VIDEO ASSESSMENT a $29.95 value

Mention this coupon from step 42 of this guide and receive a free video assessment. Limit 1 per person.
**TRAINING PLAN**

**Week: 21  Day: 144 - 146**

**WATCH:**
From Blu-ray: Disc 04 Step 44 (Fight Simulator)
From WCU Course: Lesson 23a (Maai San Jong Training)

**READ:**
Wing Chun Compendium (Volume 1) Pages 95-97

**Daily Purposeful Practice**

- Practice the Punching Drill
- Practice the Paak Da Drill
- Practice the Rotating & Shifting Drills
- Practice the Toi Ma Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

---

**TRAINING PLAN**

**Week: 19  Days: 130 - 143**

**WATCH:**
From Blu-ray: Disc 04 Step 43 (Fight Simulator)
From WCU Course: Lesson 24a (Maai San Jong Training)

**READ:**
Wing Chun Compendium (Volume 1) Pages 293-298

**Daily Purposeful Practice**

- Practice the Punching Drill
- Practice the Paak Da Drill
- Practice the Rotating & Shifting Drills
- Practice the Toi Ma Drill
- Practice the Dan Chi Sau Drill
- Practice the Chi Sau Drill

---

**Toi Ma Drill:** Practice the Maai San Jong Drill for 20 minutes, alternating attacker after each attack.

- Practice the Toi Ma Drill
- Practice the Chi Sau Drill
- Practice the Maai San Jong Drill
TRAINING PLAN  
Week: 21  Days: 147 - 149

WATCH:  
From Blu-ray: Disc 04 Step 45 (Fight Simulator)  
From WCU Course: Lesson 23a (Maai San Jong Training)

READ:  
Wing Chun Compendium (Volume 1) Pages 46-47

Daily Purposeful Practice

Toi Ma Drill: Practice the Maai San Jong Drill for 20 minutes, alternating attacker after each attack.

- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
- Practice the 2 Step Maai San Jong Drill.

TRAINING PLAN  
Week: 22  Day: 150 - 152

WATCH:  
From Blu-ray: Disc 04 Step 46 (Fight Simulator)  
From WCU Course: Lesson 23a (Maai San Jong Training)

READ:  
Wing Chun Compendium (Volume 1) Pages 122-123

Daily Purposeful Practice

2 Step MSJ Drill: Each partner attacks 25 times.

- Practice Bong Lap Da Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
- Practice the 2 Step MSJ Drill.
**VING TSUN KUNG FU Training Guide  •  waisKungFu.com**

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**Training Plan**

**Week: 22  Days: 153 - 156**

**Watch:**
From Blu-ray: Disc 04 Step 47 (Kicking and Turning)
From WCU Course: Lesson 14b (Kicking Training)

**Read:**
Wing Chun Compendium (Volume 1) Pages 25-26

**Daily Purposeful Practice**

- **Kick / Turn Drill:** Left leg kick 30 times, then right leg kick 30 times.
  - Practice the Chi Sau Drill.
  - Practice the 2 Step MSJ Drill.
  - Practice the Kick/Turn Drill.

---

**Training Plan**

**Week: 23  Day: 157**

**Watch:**
From Blu-ray: Disc 04 Step 48 (Sticking Legs)
From WCU Course: Lesson 25a (Sticking Legs Training)

**Read:**
Wing Chun Compendium (Volume 1) Page 173
Wing Chun Compendium (Volume 2) Page 160

**Daily Purposeful Practice**

- **Sticking Legs Drill:** Practice the sticking legs drill for 10 minutes per leg.
  - Practice Dan Chi Sau Drill.
  - Practice the Maai San Jong Drill.
  - Practice the Sticking Legs Drill.
**TRAINING PLAN**

**Week: 23  Days: 158 - 159**

**WATCH:**
From Blu-ray: Disc 05 Step 49 (Sticking Legs)
From WCU Course: Lesson 25a (Sticking Legs Training)

**READ:**
Wing Chun Compendium (Volume 2) Page 161

**Daily Purposeful Practice**

**Sticking Legs Drill:** Same as before with arms chambered.

- Practice the Bong Laap Da Drill
- Practice the Chi Sau Drill
- Practice the Maai San Jong Drill
- Practice the 2 Step Maai San Jong Drill
- Practice the Sticking Legs Drill

---

**TRAINING PLAN**

**Week: 23  Day: 160**

**WATCH:**
From Blu-ray: Disc 05 Step 50 (Sticking Legs)
From WCU Course: Lesson 25a (Sticking Legs Training)

**READ:**
Wing Chun Compendium (Volume 2) Page 162

**Daily Purposeful Practice**

**Sticking Legs Drill:** Holding again, now including stepping.

- Practice the Toi Ma Drill
- Practice the Chi Sau Drill
- Practice the Maai San Jong Drill
- Practice the 2 Step MSJ Drill
- Practice the Sticking Legs Drill
The Ah-Ha Moment

See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

Video Standards

All skills should be recorded from the front (where possible) and both sides using the same camera. This will require each skill be performed a minimum of 3 times. This will help give a better understanding of the skill being performed and of consistency. Maximum video length for an ad hoc assessment is 10 minutes.

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**TRAINING PLAN**

**Week: 23  Days: 161 - 162**

**WATCH:**
From Blu-ray: Disc 05 Step 51 (Sticking Legs)
From WCU Course: Lesson 25a (Sticking Legs Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 121 & 163

---

**Daily Purposeful Practice**

Sticking Legs Drill: Same as before, with stepping, but with arms chambered now.

- Practice Kicking Drill.
- Practice the 2 Step Maai San Jong Drill.
- Practice the Kick/Turn Drill.
- Practice the Sticking Legs Drill.

---

**TRAINING PLAN**

**Week: 24  Days: 163**

**WATCH:**
From Blu-ray: Disc 05 Step 52 (Sticking Legs)
From WCU Course: Lesson 25a (Sticking Legs Training)

**READ:**
Wing Chun Compendium (Volume 2) Page 164

---

**Daily Purposeful Practice**

Sticking Legs Drill: Holding again, and now include pushing off the line.

- Practice the Dan Chi Sau Drill.
- Practice the Chi Sau Drill.
- Practice the 2 Step MSJ Drill.
- Practice the Sticking Legs Drill.

---

**COUPON**

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a $29.95 value

Mention this coupon from step 52 of this guide and receive a free video assessment. Limit 1 per person.
**TRAINING PLAN**

**Week: 24   Days: 164 - 165**

**WATCH:**
- From Blu-ray: Disc 05 Step 53 (Sticking Legs)
- From WCU Course: Lesson 25a (Sticking Legs Training)

**READ:**
- Wing Chun Compendium (Volume 2) Page 165

**Daily Purposeful Practice**

- **Sticking Legs Drill:** Same as before but with arms chambered.
  - Practice the Kicking Drill.
  - Practice the Chi Sau Drill.
  - Practice the Kick/Turn Drill.
  - Practice the Sticking Legs Drill.

---

**TRAINING PLAN**

**Week: 24   Days: 166 - 179**

**WATCH:**
- From Blu-ray: Disc 05 Step 54 (Cham Kiu Part 3)
- From WCU Course: Lesson 26a (Cham Kiu Form)

**READ:**
- Wing Chun Compendium (Volume 1) Pages 299 - 326

**Daily Purposeful Practice**

- Practice Kick/Turn Drill.
- Practice the Chi Sau Drill.
- Practice the Bong Laap Da Drill.
- Practice the 2 Step Maai San Jong Drill.
- Practice the Sticking Legs Drill.
**TRAINING PLAN**  
**Week: 26   Days: 180 - 181**

**WATCH:**  
From Blu-ray: Disc 05 Step 55 (Attacks / Defenses)  
From WCU Course: Lesson 20d (Double Chi Sau Training)

**READ:**  
Wing Chun Compendium (Volume 2) Pages 131-136

**Daily Purposeful Practice**

Chi Sau Drill: Add Free Hand, and cham kiu attacks / defenses to the chi sau drill.

- Practice the Chi Sau Drill.
- Practice the 2 Step MSJ Drill.

---

**TRAINING PLAN**  
**Week: 26   Days: 182 - 195**

**WATCH:**  
From Blu-ray: Disc 05 Step 56 (Heavy Energy Chi Sau)  
From WCU Course: Lesson 21a (Pushing Horse Training)

**READ:**  
Wing Chun Compendium (Volume 2) Pages 115 - 115

**Daily Purposeful Practice**

- Practice Sticking Legs Drill.
- Practice the Chi Sau Drill.
**Training Plan**

**Week: 28   Days: 196 - 198**

**Watch:**
- From Blu-ray: Disc 05 Step 57 (Heavy Chi Sau)
- From WCU Course: Lesson 20d (Double Chi Sau Training)

**Read:**
- Wing Chun Compendium (Volume 1) Pages 57 - 59

**Daily Purposeful Practice**

Chi Sau Drill: Add heavy energy where and when you wish.

- Practice Sticking Legs Drill.
- Practice the Chi Sau Drill.

**Training Plan**

**Week: 29   Days: 199 - 200**

**Watch:**
- From Blu-ray: Disc 05 Step 58 (War Hands)
- From WCU Course: Lesson 03a (Punching Training)

**Read:**
- Wing Chun Compendium (Volume 2) Pages 48 - 50

**Daily Purposeful Practice**

Chi Sau Drill: Go as fast as you wish where and when it makes sense.

- Practice Punching Drill.
- Practice the Chi Sau Drill.

**COUPON**

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at EverythingWingChun.com.

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WATCH:
From Blu-ray: Disc 05 Step 59 (Single Leg Chi Sau)
From WCU Course: Lesson 25b (Sticking Leg Training)

READ:
Wing Chun Compendium (Volume 2) Pages 76-80

Daily Purposeful Practice

Single Leg Chi Sau Drill: Practice chi sau on one leg for 15 minutes, then for 15 minutes on the other leg.

- Practice the Sticking Legs Drill.
- Practice the Chi Sau Drill.
- Practice the Single Leg Chi Sau Drill.
I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.

Academic Certificate

This certificate is presented upon review of the VING TSUN KUNG FU curriculum steps 37 - 60 which align with the requirements for BLUE SASH
**Daily Purposeful Practice**

**Maai San Jong Drill:** Now either partner can attack and multiple attacks/defenses are allowed.

- Practice Paak Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

**Training Plan**

**Week: 30   Days: 205 - 206**

**WATCH:**
- From Blu-ray: Disc 05 Step 60 (Fight Simulator)
- From WCU Course: Lesson 33a (Maai San Jong Training)

**READ:**
- Wing Chun Compendium (Volume 2) Pages 56-69

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**Daily Purposeful Practice**

**Sticking Legs Drill:** Now you can use any leg method you like to unbalance your partner.

- Practice Single Leg Chi Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Sticking Legs Drill.

**Training Plan**

**Week: 30   Days: 207 - 210**

**WATCH:**
- From Blu-ray: Disc 06 Step 61 (Sticking Legs)
- From WCU Course: Lesson 25b (Sticking Legs Training)

**READ:**
- Wing Chun Compendium (Volume 2) Page 56
**Video Reviews**

Sifu Wayne will watch your videos and offer valuable personalized suggestions.

**The Ah-Ha Moment**

See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

**Video Standards**

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
TRAINING PLAN
Week: 31   Days: 211 - 217

WATCH:
From Blu-ray: Disc 06 Step 62 (Biu Ji Part 1)
From WCU Course: Lesson 27a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 1) Pages 329-341

Daily Purposeful Practice

Biu Ji Form: Practice all the forms you learned, 5 times each.

☐ Practice Bong Lap Da Drill.
☐ Practice the Rotating Drill.
☐ Practice the Chi Sau Drill.

COUPON

1 FREE VIDEO ASSESSMENT
a $29.95 value

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TRAINING PLAN
Week: 32   Days: 218 - 227

WATCH:
From Blu-ray: Disc 06 Step 63 (Biu Ji Part 2)
From WCU Course: Lesson 27a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 1) Pages 342-347

Daily Purposeful Practice

☐ Practice the Shifting Drill.
☐ Practice the Chi Sau Drill.
☐ Practice the Sticking Legs Drill.
**Training Plan**

**Week: 33   Days: 225 - 227**

**Watch:**
From Blu-ray: Disc 06 Step 62 (Biu Ji Part 2)
From WCU Course: Lesson 27a (Biu Ji Form)

**Read:**
Wing Chun Compendium (Volume 2) Pages 112-114

**Daily Purposeful Practice**

Cheung Kiu Sau Drill: Practice long bridge chi sau at the first (palm) distance for 20 minutes.

- Practice Rotating Drill.
- Practice the Chi Sau Drill.
- Practice the Cheung Kiu Sau Drill.

**Training Plan**

**Week: 33   Days: 228 - 234**

**Watch:**
From Blu-ray: Disc 06 Step 65 (Biu Ji Part 3)
From WCU Course: Lesson 28a (Biu Ji Form)

**Read:**
Wing Chun Compendium (Volume 1) Pages 348-351

**Daily Purposeful Practice**

- Practice Bong Lap Da Drill.
- Practice the Chi Sau Drill.
In about 100 days you will start learning the wooden dummy form. If you don't have one, it's time to start thinking about it.

Everything Wing Chun® works with the top U.S. and international Mook Yan Jong (Wooden Dummy) makers to bring you a full range of products: From the economical PVC dummies to the prestigious Lychee Wooden Man and everything in between. Your selection includes a range of woods from the North American hardwoods Ash and Red Oak to the more rare Teak, Mahogany, Marble, Lychee and other exotic woods. We have what you need to take your training to the next level. And if we don’t have it, we’ll get it custom made for you.

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Traditional specifications from the Ip Man lineage. Every dummy on the site conforms to precise measurements that have been vetted by us.

Need a Chi Sao or Technique Dummy? Improve your techniques at home with the best chi-sao and technique-trainers out there from Budo-Tec, DragonBlast, & Warrior.

Click Here to purchase your wooden dummy from Everything Wing Chun.
**TRAINING PLAN**

**Week: 34  Days: 235 - 236**

**WATCH:**
From Blu-ray: Disc 06 Step 66 (Battle Stance)
From WCU Course: Lesson 42a (Long Pole Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 124-126

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**Daily Purposeful Practice**

Cheung Kiu Sau Drill: Practice long bridge chi sau at the first (palm) distance for 20 minutes.

- Practice Kicking Drill.
- Practice the Chi Sau Drill.
- Practice the Cheung Kiu Sau Drill.

---

**TRAINING PLAN**

**Week: 34  Days: 237 - 243**

**WATCH:**
From Blu-ray: Disc 06 Step 67 (Biu Ji Part 4)
From WCU Course: Lesson 28b (Biu Ji Form)

**READ:**
Wing Chun Compendium (Volume 1) Pages 352-356

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**Daily Purposeful Practice**

- Practice Dan Chi Sau Drill.
- Practice the Chi Sau Drill.
TRAINING PLAN
Week: 35  Days: 244 - 250

WATCH:
From Blu-ray: Disc 06 Step 68 (Biu Ji Part 5)
From WCU Course: Lesson 29a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 1) Pages 357-360

Daily Purposeful Practice
- Practice Toi Ma Drill.
- Practice the Chi Sau Drill.

TRAINING PLAN
Week: 36  Days: 251 - 252

WATCH:
From Blu-ray: Disc 06 Step 69 (Sticking Legs)
From WCU Course: Lesson 25b (Sticking Legs Training)

READ:
Wing Chun Compendium (Volume 2) Pages 81-82

Daily Purposeful Practice
- Practice Kick/Turn Drill.
- Practice the Chi Sau Drill.
TRAINING PLAN
Week: 37   Days: 253 - 259

WATCH:
From Blu-ray: Disc 06 Step 70 (Biu Ji part 6)
From WCU Course: Lesson 29a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 1) Pages 361-364

Daily Purposeful Practice

❑ Practice the Chi Sau Drill.
❑ Practice the Maai San Jong Drill.

TRAINING PLAN
Week: 38   Days: 260 - 261

WATCH:
From Blu-ray: Disc 06 Step 71 (Chi Sau with Leg Techniques)
From WCU Course: Lesson 25b (Sticking Leg Training)

READ:
Wing Chun Compendium (Volume 2) Page 130

Daily Purposeful Practice

Chi Sau Drill: Add leg attacks, sticking and trapping into chi sau when you feel it’s appropriate.

❑ Practice the Chi Sau Drill.
❑ Practice the 2 Step MSJ Drill.
**Video Reviews**

*Sifu Wayne will watch your videos and offer valuable personalized suggestions*

---

**The Ah-Ha Moment**

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**TRAINING PLAN**

**Week: 38   Days: 262 - 268**

**WATCH:**
From Blu-ray: Disc 06 Step 72 (Biu Ji Part 7)
From WCU Course: Lesson 30a (Biu Ji Form)

**READ:**
Wing Chun Compendium (Volume 1) Pages 365-367
Wing Chun Compendium (Volume 2) Pages 144-145

**Daily Purposeful Practice**
- Practice Sticking Legs Drill.
- Practice the Chi Sau Drill.

**COUPON**

1 FREE VIDEO ASSESSMENT
a $29.95 value

Mention this coupon from step 72 of this guide and receive a free video assessment. Limit 1 per person.

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**TRAINING PLAN**

**Week: 39   Days: 269 - 273**

**WATCH:**
From Blu-ray: Disc 07 Step 73 (Biu Ji Form Part 8)
From WCU Course: Lesson 30a (Biu Ji Form)

**READ:**
Wing Chun Compendium (Volume 1) Pages 368-372

**Daily Purposeful Practice**
- Practice Cheung Kiu Sau Drill.
- Practice the Chi Sau Drill.
**Training Plan**

**Week: 40  Days: 276 - 278**

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**Watch:**
From Blu-ray: Disc 07 Step 74 (Ging Lik Chi Sau)
From WCU Course: Lesson 20d (Double Chi Sau Training)

---

**Read:**
Wing Chun Compendium (Volume 2) Pages 51-55

---

**Daily Purposeful Practice**

- Practice the Battle Stance Drill.
- Practice the Chi Sau Drill.

---

---

**Training Plan**

**Week: 40  Days: 279 - 280**

---

**Watch:**
From Blu-ray: Disc 07 Step 75 (Fa Ging Chi Sau)
From WCU Course: Lesson 20d (Double Chi Sau Training)

---

**Read:**
Wing Chun Compendium (Volume 2) Pages 27-28

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**Daily Purposeful Practice**

Chi Sau Drill: Add explosive energy to your chi sau as you wish.

- Practice the Punching Drill.
- Practice the Chi Sau Drill.
TRAINING PLAN
Week: 41  Days: 281 - 287

WATCH:
From Blu-ray: Disc 07 Step 76 (Biu Ji Part 9)
From WCU Course: Lesson 31a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 1) Pages 373-377

Daily Purposeful Practice
- Practice Paak Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

TRAINING PLAN
Week: 42  Days: 288 - 294

WATCH:
From Blu-ray: Disc 07 Step 77 (Biu Ji Form, Part 10)
From WCU Course: Lesson 31a (Biu Ji Form)

READ:
Wing Chun Compendium (Volume 2) Pages 27-28

Daily Purposeful Practice
- Practice Rotating Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

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Six and Half Point Pole

It's time to start thinking about purchasing your long pole.

In 100 days you will start the training for your long pole. It's time to start your planning.

Click Here to visit Everything Wing Chun's selection of Long Poles.
Daily Purposeful Practice

Chi Sau Drill: Practice using biu ji to escape from dire situations if you wish.

❑ Practice the Shifting Drill.
❑ Practice the Chi Sau Drill.
❑ Practice the Maai San Jong Drill.

TRAINING PLAN
Week: 43   Days: 299 - 305

WATCH:
From Blu-ray: Disc 07 Step 79 (Long Bridge Chi Sau)
From WCU Course: Lesson 32a (Long Bridge Chi Sau)

READ:
Wing Chun Compendium (Volume 2) Pages 29-34

Daily Purposeful Practice

❑ Practice Bong Lap Da Drill.
❑ Practice the Chi Sau Drill.
❑ Practice the Maai San Jong Drill.
I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.

Academic Certificate

This certificate is presented upon review of the VING TSUN KUNG FU curriculum steps 61 - 79 which align with the requirements for BLACK SASH
**TRAINING PLAN**

**Week: 44   Days: 306 - 308**

**WATCH:**
From Blu-ray: Disc 07 Step 80 (Fight Simulator)
From WCU Course: Lesson 33b (Maai San Jong Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 44-45

**Daily Purposeful Practice**

Maai San Jong Drill: No restrictions on target, footwork, speed or technique.

- Practice Kicking Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

---

**TRAINING PLAN**

**Week: 45   Days: 309 - 314**

**WATCH:**
From Blu-ray: Disc 07 Step 81 (Mook Jong Part 1)
From WCU Course: Lesson 34a & 34b (Wooden Dummy Form)

**READ:**
Wing Chun Compendium (Volume 2) Pages 184-199

**Daily Purposeful Practice**

Mook Jong Form: Practice as much of the forms as you've learned in this course. Practice the forms 5 times each.

- Practice Dan Chi Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
**Video Reviews**

*Ving Tsun Kung Fu Training guide  •  waisKungFu.com*

**VideO reVieWs**

Sifu Wayne will watch your videos and offer valuable personalized suggestions

**The Ah-Ha Moment**

See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

**Video Standards**

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
Training Plan
Week: 45  Days: 315 - 320

Watch:
From Blu-ray: Disc 08 Step 82 (Mook Jong Part 2)
From WCU Course: Lesson 35a (Wooden Dummy Form)

Read:
Wing Chun Compendium (Volume 2) Pages 200-223

Daily Purposeful Practice
- Practice the Toi Ma Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

Coupon
1 Free Video Assessment
a $29.95 value

Mention this coupon from step 82 of this guide and receive a free video assessment. Limit 1 per person.

Training Plan
Week: 46  Days: 321 - 326

Watch:
From Blu-ray: Disc 08 Step 83 (Mook Jong Part 3)
From WCU Course: Lesson 36a (Wooden Dummy Form)

Read:
Wing Chun Compendium (Volume 2) Pages 224-242

Daily Purposeful Practice
- Practice the Kick/Turn Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
TRAINING PLAN
Week: 47  Days: 327 - 332

WATCH:
From Blu-ray: Disc 08 Step 84 (Mook Jong Part 4)
From WCU Course: Lesson 37a (Wooden Dummy Form)

READ:
Wing Chun Compendium (Volume 2) Pages 243-260

Daily Purposeful Practice

❑ Practice the Chi Sau Drill.
❑ Practice the Maai San Jong Drill.

TRAINING PLAN
Week: 48  Days: 333 - 338

WATCH:
From Blu-ray: Disc 08 Step 85 (Mook Jong Part 5)
From WCU Course: Lesson 38a (Wooden Dummy Form)

READ:
Wing Chun Compendium (Volume 2) Pages 261-278

Daily Purposeful Practice

❑ Practice the Chi Sau Drill.
❑ Practice the Maai San Jong Drill.
❑ Practice the 2 Step MSJ Drill.
**TRAINING PLAN**

**Week: 49  Days: 339 - 344**

**WATCH:**
- From Blu-ray: Disc 08 Step 86 (Mook Jong Part 6)
- From WCU Course: Lesson 39a (Wooden Dummy Form)

**READ:**
- Wing Chun Compendium (Volume 2) Pages 279-296

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**Daily Purposeful Practice**

- Practice the Chi Gerk Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

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**TRAINING PLAN**

**Week: 50  Days: 345 - 350**

**WATCH:**
- From Blu-ray: Disc 08 Step 87 (Mook Jong Part 7)
- From WCU Course: Lesson 40a (Wooden Dummy Form)

**READ:**
- Wing Chun Compendium (Volume 2) Pages 297-326

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**Daily Purposeful Practice**

- Practice the Single Leg Chi Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
TRAINING PLAN  
Week: 51  Days: 351 - 356

WATCH:
From Blu-ray: Disc 08 Step 88 (Mook Jong Part 8)
From WCU Course: Lesson 40a (Wooden Dummy Form)

READ:
Wing Chun Compendium (Volume 2) Pages 327-331

Daily Purposeful Practice

- Practice the Cheung Kiu Sau Drill.
- Practice the Chi Sau Drill.

TRAINING PLAN  
Week: 51  Days: 357 - 359

WATCH:
From Blu-ray: Disc 08 Step 89 (Battle Punches)
From WCU Course: Lesson 41a (Long Pole Training)

READ:
Wing Chun Compendium (Volume 2) Pages 168-172

Daily Purposeful Practice

Battle Stance Drill: Add moving punches to the drill. Do 20 punches forward & 20 backward. Repeat 4 times.

- Practice the Chi Sau Drill.
- Practice the Battle Stance Drill.
**TRAINING PLAN**

**Week: 52   Days: 360 - 361**

**WATCH:**
From Blu-ray: Disc 08 Step 90 (Barring Pole)
From WCU Course: Lesson 42a (Long Pole Training)

**READ:**
Wing Chun Compendium (Volume 2) Pages 172

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**Daily Purposeful Practice**

Long Pole Drill: Repeat the barring pole technique 20 times.

- Practice the Punching Drill.
- Practice the Chi Sau Drill.
- Practice the Long Pole Drill.

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**TRAINING PLAN**

**Week: 52   Days: 362 - 363**

**WATCH:**
From Blu-ray: Disc 08 Step 91 (Barring Pole)
From WCU Course: Lesson 42a (Long Pole Training)

**READ:**
Wing Chun Compendium (Volume 2) Page 174

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**Daily Purposeful Practice**

Long Pole Drill: Add 20 vertical barring pole techniques to the drill.

- Practice the Paak Sau Drill.
- Practice the Chi Sau Drill.
- Practice the Long Pole Drill.
The Ah-Ha Moment
See exactly what sifu Wayne sees and gain real momentum for your training. See and correct the smallest details, highlighted using moving motion drawing tools, slow motion frame by frame review, zoom features, voice commentary, text captions and other specialized tools. Get the clear and understandable corrections you need!

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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
**Daily Purposeful Practice**

Long Pole Drill: Add 20 thrusting pole techniques to the drill.

- Practice Rotating Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
- Practice the Long Pole Drill.

**WATCH:**
- From Blu-ray: Disc 08 Step 92 (Thrusting Pole)
- From WCU Course: Lesson 42a (Long Pole Training)

**READ:**
- Wing Chun Compendium (Volume 2) Pages 176-177

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**Daily Purposeful Practice**

Long Pole Drill: Add 20 deng/tiu techniques.

- Practice the Rotating Drill.
- Practice the Chi Sau Drill.
- Practice the Long Pole Drill.

**WATCH:**
- From Blu-ray: Disc 08 Step 93 (Nailing Pole)
- From WCU Course: Lesson 42a (Long Pole Drills)

**READ:**
- Wing Chun Compendium (Volume 2) Page 175

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**COUPON**

1 FREE VIDEO ASSESSMENT
a $29.95 value

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I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.

Academic Certificate

This certificate is presented upon review of the VING TSUN KUNG FU curriculum Steps 80 - 92 which align with the requirements for GOLD SASH.
TRAINING PLAN
Week: 53   Days: 368 - 369

WATCH:
From Blu-ray: Disc 08 Step 94 (Sticking Pole)
From WCU Course: Lesson 42a (Long Pole Training)

READ:
Wing Chun Compendium (Volume 2) Pages 127-129 & 178-181

Daily Purposeful Practice

Sticking Pole Drill: Perform sticking pole drill for 20 minutes. After 10 minutes, change roles with your partner.

☐ Practice the Chi Sau Drill.
☐ Practice the Sticking Pole Drill.

TRAINING PLAN
Week: 53   Days: 370 - 373

WATCH:
From Blu-ray: Disc 08 Step 95 (Long Pole Part 1)
From WCU Course: Lesson 43a (Long Pole Form)

READ:
Wing Chun Compendium (Volume 2) Page 332

Daily Purposeful Practice

Long Pole Form: Perform as much of the forms as you were taught. Repeat 5 times.

☐ Practice the Chi Sau Drill.
TRAINING PLAN
Week: 54  Days: 374 - 377

WATCH:
From Blu-ray: Disc 08 Step 96 (Long Pole Part 2)
From WCU Course: Lesson 43a (Long Pole Form)

READ:
Wing Chun Compendium (Volume 2) Pages 339-341

Daily Purposeful Practice

✔ Practice the Shifting Drill.
✔ Practice the Chi Sau Drill.

TRAINING PLAN
Week: 54  Days: 374 - 377

WATCH:
From Blu-ray: Disc 08 Step 97 (Long Pole Part 3)
From WCU Course: Lesson 43a (Long Pole Form)

READ:
Wing Chun Compendium (Volume 2) Pages 124-126 & 342-344

Daily Purposeful Practice

✔ Practice the Bong Laap Da Drill.
✔ Practice the Chi Sau Drill.
**TRAINING PLAN**

**Week: 55  Days: 382 - 385**

**WATCH:**
From Blu-ray: Disc 09 Step 98 (Long Pole Part 4)
From WCU Course: Lesson 43a (Long Pole Form)

**READ:**
Wing Chun Compendium (Volume 2) Pages 345-346

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**Daily Purposeful Practice**
- Practice the Kicking Drill.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.

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**TRAINING PLAN**

**Week: 56  Days: 386 - 389**

**WATCH:**
From Blu-ray: Disc 09 Step 99 (Long Pole Part 5)
From WCU Course: Lesson 44a (Long Pole Form)

**READ:**
Wing Chun Compendium (Volume 2) Pages 142-143 & 347-348

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**Daily Purposeful Practice**
- Practice Dan Chi Sau Drill.
- Practice the Chi Sau Drill.

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**COUPON**

10% OFF ANY PAIR OF SWORDS

Use code WBVTS-BJD10 at EverythingWingChun.com. Limit 1 Use Per Order.
It's time to consider purchasing a pair of butterfly swords.

If one of our 40+ existing sword models does not meet your needs, then Everything Wing Chun's Custom Swords program now offers you the opportunity to create the ultimate BJD for your lineage and fighting style. You will get our design team and experienced forge partner working for you to move your project from a vision to high-quality butterfly swords that express your ideals. You get the benefit of our years of design and sword making experience at wholesale prices - you can't beat that! Stop by or email info@everythingwingchun.com for details.
**TRAINING PLAN**  
Week: 56  Days: 390 - 393

**WATCH:**  
From Blu-ray: Disc 09 Step 100 (Long Pole Part 6)  
From WCU Course: Lesson 44a (Long Pole Form)

**READ:**  
Wing Chun Compendium (Volume 2) Pages 349-352

**Daily Purposeful Practice**
- Practice the Toi Ma Drill.
- Practice the Chi Sau Drill.

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**TRAINING PLAN**  
Week: 57  Days: 394 - 398

**WATCH:**  
From Blu-ray: Disc 09 Step 101 (Sword Form Part 1)  
From WCU Course: Lesson 45a (Baat Jam Dao Form)

**READ:**  
Wing Chun Compendium (Volume 2) Pages 353-368  
Baat Cham Dao form performed by Grandmaster Sunny Tang

**Daily Purposeful Practice**
- **Sword Form:** Do all your forms and as much of the sword form as you know. Repeat 5 times.
- Practice the Chi Sau Drill.
- Practice the Maai San Jong Drill.
The Ah-Ha Moment
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Sometimes all it takes is looking at a specific moment or position to improve your technique and skill.
TRAINING PLAN
Week: 58  Days: 399 - 403

WATCH:
From Blu-ray: Disc 09 Step 102 (Sword Form Part 2)
From WCU Course: Lesson 46a (Baat Jam Dao Form)

READ:
Wing Chun Compendium (Volume 2) Pages 369-370

Daily Purposeful Practice

❑ Practice the Kick/Turn Drill.
❑ Practice the Chi Sau Drill.

TRAINING PLAN
Week: 58  Days: 404 - 408

WATCH:
From Blu-ray: Disc 09 Step 103 (Sword Form Part 3)
From WCU Course: Lesson 46a (Baat Jam Dao Form)

READ:
Wing Chun Compendium (Volume 2) Pages 147-155 & 371-380

Daily Purposeful Practice

❑ Practice the Maai San Jong Drill.
❑ Practice the Chi Sau Drill.
TRAINING PLAN
Week: 59   Days: 409 - 413

WATCH:
From Blu-ray: Disc 09 Step 104 (Sword Form Part 4)
From WCU Course: Lesson 47a (Baat Jam Dao Form)

READ:
Wing Chun Compendium (Volume 2) Pages 83-88 & 381-387

Daily Purposeful Practice

❑ Practice the 2 Step Maai San Jong Drill.
❑ Practice the Chi Sau Drill.

TRAINING PLAN
Week: 60   Days: 414 - 418

WATCH:
From Blu-ray: Disc 09 Step 105 (Sword Form Part 5)
From WCU Course: Lesson 47a (Baat Jam Dao Form)

READ:
Wing Chun Compendium (Volume 2) Pages 388-394

Daily Purposeful Practice

❑ Practice the Sticking Legs Drill.
❑ Practice the Chi Sau Drill.
**Training Plan**
**Week: 60  Days: 419 - 423**

**Watch:**
From Blu-ray: Disc 09 Step 106 (Sword Form Part 6)
From WCU Course: Lesson 48a (Baat Jam Dao Form)

**Read:**
Wing Chun Compendium (Volume 2) Pages 89-93 & 395-401

**Daily Purposeful Practice**
- Practice the Cheung Kiu Sau Drill.
- Practice the Chi Sau Drill.

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**Training Plan**
**Week: 61  Days: 424 - 428**

**Watch:**
From Blu-ray: Disc 09 Step 107 (Sword Form Part 5)
From WCU Course: Lesson 47a (Baat Jam Dao Form)

**Read:**
Wing Chun Compendium (Volume 2) Pages 388-394

**Daily Purposeful Practice**
- Practice Sticking Legs Drill.
- Practice the Chi Sau Drill.
TRAINING PLAN
Week: 61   Days: 424 - 428

WATCH:
From Blu-ray: Disc 09 Step 109 (Sword Form Part 8)
From WCU Course: Lesson 49a (Baat Jam Dao Form)

READ:
Wing Chun Compendium (Volume 2) Pages 406-441

Daily Purposeful Practice

☐ Practice the Sticking Pole Drill.
☐ Practice the Chi Sau Drill.
I know how much work it takes to get to this point. Some of those drills are gruelling and can really tax your physical and mental limits. Keep up the hard work, it will all pay off.
You're likely wondering what's next, so I'd like to talk about the progression of Chinese kung fu, and kung fu life.

In the beginning there is the "sau" stage. Sau (守) translates roughly into "to abide by the law" or "to observe the rules". The first stage of your kung fu training is to learn the rules and learn how to abide by them. At this stage, any set of rules that make up a coherent system will do - and this 108 step curriculum certainly is qualified to give you everything you need. Take as much time as you want in this stage of understanding the rules. For my students, this stage normally takes about 5 years after which they are qualified to teach the rules to others.

The next stage is the "pò" stage. Pò (破) means to break apart and examine in order to learn its truths. This is the stage you're embarking on now. For your next step, go through the system again - rewatch the videos - and analyze each piece. Understand it and learn how the system fits together. Learn why things are done the way they are and how each piece supports the whole. To use an engine analogy, take the engine apart and put it back together again to learn each little piece. This stage can take up to 10 years.

The final stage is the "lí" stage. Lí (离) means to move away from or to be independent from something. The li stage is where you have mastered an understanding of the rules and of the system. You then can be free of the physical techniques and rules to do as you choose and express yourself as an artist. The resulting art may or may not resemble the original influences of wing chun but they come from your mind and spirit - which were molded in wing chun training. This stage will last the rest of your life as your kung fu matures. At this stage, your every day actions will reflect your mature kung fu and it can be said that the kung fu is alive in you - that you are living your kung fu. People around you are also living your kung fu: they are experiencing kung fu life.

It was a pleasure working through the program with you. It brings me great joy to have been a part of your success in the program. It is my sincere wish that your training has helped diminish your troubles, and has helped you find happiness. I hope you feel the same and will share these wishes with your entire wing chun family. - Sifu Wayne.

"Whatever comes from my hands is Wing Chun."