

Correspondence Course for Wing Chun certification:

In lesson 1 Grand Master William Cheung covers how to form the Wing Chun fist and centerline elbow, proper positioning of the neutral and side neutral stance with six point joint alignment, and the half front step & half side step footwork.

In lesson 2 Grand Master Cheung (Sigung) covers the snapping power of the Wing Chun center-line roll punches, and the the "push hand" Pak Sao block from side, neutral and front stances (applications demonstrated with Master Mazza). Sigung also goes through the opening of the Sil Lum Tao form to the center-line punch set.

Lesson 3 covers training the larp sao or "grabbing hand". Demonstrated are the larp sao drills with footwork and 2 person drills with fighting applications. Also shows how to counter an opponent's follow up punches and basic Wing Chun fighting principles.

In lesson 4 Master Mazza teaches the pak da - pak sao technique used in an offensive manner. Covered are principles of attack and potential follow-ups by your opponent. Also how to use your chain punches in a realistic confrontation. Included are sensitivity drills to train the chain punch, footwork and 2 person drills for combat application, plus how to use the pak da if your movement is interrupted.

In lesson 5 Master Mazza continues with the Sil Lim Tao form through the first Wu sao. Covered is the refinement of the yee gee kun yun ma (Clamping the Goat Stance). This begins the Hei gung or internal training of the Sil Lim Tao form. Explanation is given on the proper formation of the stance, how the stance is modified for combat, proper form and function of the tan sao, huen sao and the jut sao that is hidden in the form. Explanation of the meridians being used and the different methods of training the breath work are included.

Lesson 6 Covers cross arm chi sao / pak sao punch. This lesson covers the pre-contact application as well as pre-contact training drills for this exercise. Also covered is the counter application using the pak sao and the tan sao. Included with the counter, is using the chi sao for bridging on an opponent as well as real life applications to the drill. Discussed are the training methods for the drill.

In lesson 7 Sifu Mazza covers cross arm chi sao Larp sao punch. This lesson also covers the pre-contact application as well as pre-contact training drills for this exercise. Also covered is the counter application using the pak sao and the garn sao. Included with the counter, is using the chi sao for bridging on an opponent as well as real life applications to the drill. Discussed are the training methods for the drill.

Lesson 8 is about the pak sao recovery drills for dealing with straight punches and the bil sao recovery drills for round punches. The pak sao drill teaches how to recover from sudden attack or surprise from the outside, where the bil sao recovery teaches how to recover from the inside. These drills teach the practitioner how to move backwards and off-line so they can redirect force at the same time without being overcome by excessive force. It also shows how to use the eyes effectively within this situation, how to train your footwork so as to not move straight back and also the principles for recovery from attack.

Lesson 9 covers drill set 1. These are drills to train your body on how to move using the Wing Chun system. It is important to train your reflexes so that you move from a point of unconscious competency. Here are the first three reflexes which are the eyes, hands and feet. They must be used as one and these drills help to train this pattern. Covered are the bil sao and punch, the 1/2 front step and chain punch, the full side step and chain punch.

Lesson 10 covers drill set 2. These are drills to train your body on how to move using the Wing Chun system. It is important to train your reflexes so that you move from a point of unconscious competency. Here are the first three reflexes which are the eyes, hands and feet. They must be used as one and these drills help to train this pattern. Covered are the Numeric punches with scoop step, tan sao and chain punch with alternate sides, the full step forward and back and chain punch, and the garn sao and chain punch alternate side.

Lesson 11 covers eye exercises. These are probably the one of the most important drills to do. If you can't see the force from pre-contact you will not be able to stop the force. These exercises greatly enhance your visual acuity which is your ability to see and react to a given situation much faster. Covered are warm-ups for eye training, proximal and distal drills on how to deal with force. Peripheral exercises are drills to help you deal with all your fight ranges from pre-contact through advancing. They will also help you with multiple opponent drills later.