

Traditional Wing Chun Kung Fu

Wing Chun Power Building Course:

Lesson 1 covers the opening of the Sil Lim Tao form, stance, fist development, power transfer, numeric punching, the first two defensive gates and the beginning use of Traditional Wing Chun's footwork. Includes combat techniques with slipping hand (lau Sao), open palm block (pak sao), grabbing hand (larp sao) and simultaneous blocking and striking.

Lesson 2 covers callisthenic thumb/fist pushups for triceps, chest and punching power, Huen Gerk exercises to develop Wing Chun sweeps, eye exercises to increase peripheral vision and reaction time, Pak sao punch drills from the front stance and a review of the Sil Lim Tao form from open to fist.

In lesson 3, Master Mazza covers the grabbing hand (Larp Sao) drills with a release step and punch. Also covered is the low line kicking drills for the stomp (reverse side), side, and round kicks, along with how to perform Hindu squats for balance & kicking power. In addition, this video includes exercises with the dragon pole for the forearm development needed to effectively control weapons.

Lesson 4: Learn how to develop the internal energy using the Chi gung set in Sil Lim Tao. This set includes the tan sao, wu sao, toi pak and chair jeung with explanations of the meridians involved. This lesson also covers the T step U drill (one of the most important pieces of footwork in the system). This video includes the application of the tan sao with simultaneous punch from 4 positions.

Covered in lesson 5: Sil Lim Tao Extended chi gung and beginning dan chi sao exercises; bil sao with the front kick from a side neutral stance; application of the U drill with the T step pak sao, T step bil sao, and T step pak sao/garn sao with explanation of the application of these techniques. The video also includes the 4 garn sao punch applications through the stances and explains the Iron Cross exercise off the wall.

Lesson 6 covers the Meridian Stretching Program to increase flexibility, and chi flow throughout the body. Also covered is the 6 Harmony Chi Gung Meditation which teaches your mind and body to focus and remain calm during an altercation.

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Lesson 7 covers 13 areas as follows: T step drills with front kicks, review of empty hand drills, the beginnings of Wing Chun shadow boxing, eye drills for peripheral vision, push up routine for chest and punching development, neck bridge with numeric punching exercise for defeating grapplers, huen sao exercise with dumbbells for wrist power, abdominal exercise routine, Wing Chun's 2 part front kick, T step squat routine for leg development, 8 direction elbow strike routine, dahn guan pole routine for arm power and a knee strike routine on the heavy bag.

Lesson 8 is all about shadow boxing and various combinations for effective sparring and fighting. Includes punching entry techniques with follow up block and hit combinations and also the 2 level punching drill.

Wing Chun Power Building Lesson 9 covers the Sil Lim Tao form through the gum sao section. It also includes the double pak sao and punch technique, the 5 transitions to the front kick and how to use pushups to develop the phoenix eye fist.

Lesson 10 will teach you the entry techniques needed for covering the distance to close quarters combat range while protected from both kicks and strikes. It also covers the Gum Sao block and its application against kicks and low strikes. The conditioning section will show you Dragon pushups for over all body strength, finger tip pushups for Bil Sao (finger strikes), V ups for abdominal and hip flexor/kick strength, and burpees (or squat-thrusts) for explosive power.