

## HOUSTON'S BACKYARD WING TSUN TRAINING PROGRAM

### Student-Grade Program 1 (S.G.1):

Setting up "I.R.A.S." (Internally Rotated Adduction Stance)

Form: Siu Nim Tao (SNT) parts 1 thru 3, only.  
First Leg Form: 1 and 2

Attacks: Single straight line punch  
Chain punches  
Erect Palm

Defenses: Gaun sao, tan sao, mid and high-level pak sao, man sao, wu sao. (Pre-fighting posture)

Leg defenses: Man gerk, bong gerk, tan gerk.

Footwork: IRAS, stance-shift (180 deg., 90 deg., 45 deg.), crab step, forward step, arrow step & returning step, changing direction (90 deg.), zig-zag step (45 deg.). Zlg-zag step.

Chi Sao: Simple "arm raising/following" drill: single arm, both arms, and alternating (irregularly);

Solo Drills:

- Stepping and chain punching, stepping and gaun-da, tan-da, pak-da (mid and high level)
- Stance shift/punch (one side, side to side, with and without partner)
- Stance shift with gaun-da & tan-da (no shift for pak-da)
- Single hand outdoor low and indoor high punch, defend with gaun-da and suppressing punch, respectively
- Same hand (and alternating) gaun-da, tan-da, mid-level pak-da and high pak-da drill
- Forward steps with Gaun-Da, Pak-Da (mid & high level), Tan-Da
- Kick/step/punch combos from IRAS and with forward steps
  - o Same with directional changes
- Pursuing steps & punches with directional changes
- Karate/TKD kicks: Front Snap, RH, Hook, Spinning, Side & Crescent Kicks (with & w/o targets)
- Jab, Cross, Hook, Uppercut

## Lat Sao Program 1:

“Lat Sau” means *free-hand*, i.e., there is no prior contact between your and your opponent’s arms. It is the program that contains applications of the fighting techniques of Wing Tsun.

**IMPORTANT: Keep in mind that the *sequence* of the movements in the Lat Sao program is irrelevant. What matters are the *individual skills* contained in each part.** The Lat Sao Program for each level is like a gift package. You have to “open it up” to see what’s inside. Don’t just put it on a mental shelf somewhere!

Lat Sao Program 1 deals with simple, long-range attacks with both legs (curved and straight kicks) and arms (straight punches, only). The kicks go to the legs/groin area, while punches go to the chest and head.

- Entering:  
A attacks with shin kick to upper thigh, D defends with bong gerk/step and punch or bong gerk/step/pak sau/punch. Now both are in the “back bow front arrow” stance and begin to exchange “pak-da” (simultaneous pak sau and punch) combinations.
- Trapping:  
(all traps and counters can be separated and practiced individually, or combined at will, by either A or D. Always practice on both sides!)
  - o A attacks with strong pak sao forward to trap opponent’s wu sau arm and punches simultaneously;
  - o D pulls out lower (trapped) arm into wu sao position and traps A back;
  - o D stops A with wu sau while his punching arm “rides” A’s pak-arm around to trap A back with his own trapping arm;
  - o A comes from below with tan sao strongly forward and pulls out the other arm to punch D;
  - o After the first successful deep pak sao trap, either partner can follow up with lap-da, lan-da, lan-da again, low punch, high punch, hammer punch, double punch, and kick with rear leg to finish him off.
- Kicking & Kick-Defenses:
  - o A steps back (or later switch-kicks) to do a shin kick against D’s thigh.
  - o D defends with man gerk;
  - o A sets kick leg down behind;
  - o D sets his man gerk leg down and attacks with lower roundhouse kick to A’s thigh himself;
  - o A defends with man gerk and steps forward deep with a punch to D’s throat;
  - o D defends with front hand pak-da to return to continuous pak-da drill;

Also practice man gerk against outdoor shin kick/attack heel/tan gerk

Theory:            Meaning of “si-gung”, “sifu”, “si-hing”, “si-dai”, “si-je”, “si-mui”  
                          SNT mottoes  
                          Center line vs. “central line”; Triangle structure; Why man sao/wu sao?