

EASTERN ARTS AND HOLISTIC HEALTH ACADEMY

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Eastern Arts Wing Chun Grading Structure

Prerequisite: Prior approval, must be in uniform, all techniques should be performed on left and right side

Level 1:

1. Forms
 - A. Sil lim tao
2. Basic Stances and Footwork:
 - A. Neutral Stance
 - B. Left and right neutral stance
 - C. Left and right side neutral stance
 - D. Left and right forward stance
 - E. Half steps from all stances
3. Wing Chun Theory
 - A. Cross stance
 - B. Parallel stance
 - C. Centerline theory
 - D. Central line theory
 - E. History of Wing Chun
4. Techniques against a straight punch (must be performed on left and right sides as well as with inside and outside footwork)
 - A. Pak sao
 - B. Larp sao
 - C. Bong sao
5. One Self Defense Technique:
 - A. Defense against cross grab using tan sao
6. Paper punches: One, two-minute round