

# 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 2:**

1. Form: 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
  - F. Full steps forward and backward
3. Wing Chun Theory
  - A. Cross stance
  - B. Parallel stance
  - C. Centerline theory
  - D. Central line theory
  - E. Economy of motion
  - F. Mass x Speed = Impact
  - G. The purpose of relaxed shoulders
4. Techniques against a straight punch (must be performed on left and right sides)
  - A. Pak sao
  - B. Larp sao
  - C. Bong sao
  - D. Tan sao
  - E. Bil Sao/ front kick
5. Combat Techniques
  - A. Defense against straight punch using jut sao
    - B. Defense against high and-low round punches using bil sao and garn sao
    - C. Defense for double high and low round punch using bil sao arid gam sao
6. Two Self Defense Techniques:
  - A. Shoulder grab
  - B. Front choke
7. Chi Sao: Dan chi sao
8. Paper Punches: two, two minute rounds