

Level 1 – White Belt – First Stripe

Courtesy:

- Left fist, right palm together and bow

Discipline:

- 30 seconds still and silent

Stance:

- Neutral
- Ready/Fighting

Guard:

- Wing Chun (Long Range)

Footwork:

- Front Step
- Back Step

Blocks:

- Pak Sau (slapping block – protecting straight attack to face)
- Gum Sau (hammer palm – protecting straight attack to body)

Strikes:

- Wing Chun Straight Punches (straight punches from Wing Chun guard)
- Lead Front Kick

Techniques:

- Defence against a straight punch: Pak Sau, Punch
- Defence against a front kick: Gum Sau, Punch

Self Defence:

- Stranger approach: You're not my mum/dad! Leave me alone! Run and get help. Be loud. Be difficult.
- Break Fall: Backwards

Striking combinations:

- 1, 2, (lead) front kick
- (Lead) front kick, 2, 1