

## 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