

WAI'S KUNG FU

COMPLETE WING CHUN PROGRAM

15 Courses of Study
Delivered in 108 Steps



- TECHNICALITY OF FIGHTING
- MASTER THE CENTERLINE & ONE INCH PUNCH
- IRON FIST, SPEED & KNOCKOUT TRAINING
- SENSITIVITY & REACTION, TRAPPING, JOINTLOCK PREVENTION
- MOBILITY WITH BRACING
- STABILITY WITH BRACING
- STREET FIGHT TRAINING & SPARRING
- LEG TRAPPING, SWEEPS, & TAKEDOWN PREVENTION
- ART OF WARRING HANDS / STRATEGY OF FIGHTING
- KICKING ACCURACY & POWER DEVELOPMENT
- EMERGENCY RECOVERY
- CLOSING THE GAP & INSTANT ATTACK
- WOODEN DUMMY & TECHNICAL REFINEMENT
- WEAPON TRAINING: LONG POLE
- WEAPON TRAINING: DOUBLE SWORD & KNIFE

