

WINGCHUN PROGRAM

The ongoing basis of your education is the WingChun curriculum taught in Regular Classes. These are offered 3 times per week. You will learn and refine the first 12 Levels, which give you a diverse repertoire of practical knowledge for complete Self-Defense. To promote your tangible assurance in these skills, your progress is evaluated during WingChun Seminars.

- *Prerequisite:* None
- *Regular Classes:* 1.5 Hours, 3/Week
- *WingChun Seminars:* 2.5-4 Hours, 8/Year

COMBAT PROGRAM

Combat is about spontaneity and autonomy. As a parallel course of study, it is a valuable supplement to the standard WingChun Program. In particular, you gain confidence in close ranges and late situations where attacks such as locks, grabs, throws, knees, and elbows are possible. Another valuable element of Combat is physical conditioning and psychological preparation for Self-Defense.

- *Prerequisite:* None
- *Combat Classes:* 1.5 Hours, 12/Year

WEAPON PROGRAM

For weapons Self-Defense, the Academy offers Escrima. Simple exercises and clear strategies allow you to quickly learn and apply yourself effectively. Protective objects such as a stick are most useful when you understand how to mobilize it properly. Escrima gives you the ability to achieve that security. This additional competence makes it a perfect complement to WingChun.

- *Prerequisite:* None
- *Escrima Classes:* 1.5 Hours, 10/Year
- *Escrima Seminars:* 2.5 Hours, 2/Year

DEGREE PROGRAM

It is possible for you to become officially certified by the IAW as a WingChun Instructor. This process leads to the Assistant Instructor Degree (AID) and Instructor Degree I (IDI) which are qualifications to lead a WingChun Group and an Academy of WingChun, respectively. The AID is a 15-hour course covering Student Levels 1 and 2, whereas the IDI is a 30-hour course covering Student Levels 3-5.

- *Prerequisite:* 4th Student Level
- *Degree Modules:* 2.5 Hours, 2/Month
- *Instructor Seminars:* 4 Hours, 2/Year

WINGCHUN SEMINAR

Seminars are for training and testing the progress of your WingChun practice. They are one of our longest Special Events, so you can repeat and review a lot of material. Also, you will find it inspiring to witness fellow practitioners of all Levels working on different subjects within the IAW curriculum. From *Lat Sao* to *Puen Sao* and from *Siu Nim Tau* to *Biu Jee*, members from every Group and Academy come together to share a day of intensive development and extensive improvement.

- *Prerequisite:* None
- *Schedule:* 2.5 or 4-hour Seminars on Saturdays or Sundays every 6 weeks

COMBAT CLASS

To create quick and sovereign movements, we train in the context of Combat. You learn to become comfortable in all distances and even in special circumstances like falling to or defending from the ground. In Self-Defense, it's not guaranteed that you won't make a mistake or stumble. For this reason, the Combat skills fill possible gaps in your experience when dealing with tight situations. Besides emergency recoveries and powerful escapes, you will also gain greater cardiovascular fitness.

- *Prerequisite:* None
- *Schedule:* Monthly 1.5-hour Classes usually on Sundays

ESCRIMA CLASS

Escrima is weapons Self-Defense. The system is taught in four phases: *Serrada Level*, *Dos Manos Level*, *Espada y Daga Level* and *Combat Level*. These impart the application of single, double, asymmetrical and atypical weapons, respectively. A powerful and intuitive method, you can become proficient in Escrima by participating in our monthly trainings. These are scheduled as six-month cycles beginning with five Escrima Classes taught by Sihing Paul Wang followed by one Escrima Seminar taught by Sifu Klaus Brand.

- *Prerequisite:* None
- *Schedule:* Monthly 1.5-hour Classes usually on Sundays; Biannual 2.5-hour Seminars in April and October

SPECIAL CLASS

The First Section commences the *Puen Sao* (Winding Arms) sequences to improve contact reflexive speed. Many functional patterns of coordinating the four limbs in rapid protective configurations are presented within its eight sequences. Through the feeling and analysis of diverse interactions, your whole body becomes primed for stability in all directions. Apprehending the First Section is the goal of the Middle Levels, but its mastery requires revisiting it continually to unlock its full purpose and meaning.

- *Prerequisite:* 5th SL
- *Schedule:* Monthly 1.5-hour Classes usually on Sundays

TECHNICIAN CLASS

As a Technician, you further reinforce your expertise in a wide array of movement patterns embedded in Sections 2-4 (1st Technician Grade), 5-7 (2nd Technician Grade) and 8-12 (3rd Technician Grade). The articulation and precision of your WingChun vocabulary increases with each new embodied concept. Through refining the integrated coordination of arms, legs and body you begin to fully trust your decisive actions.

- *Prerequisite:* Pre-Primary Level
- *Schedule:* Monthly 1.5-hour Classes usually on Sundays; Biannual 2.5-hour Seminars in April and October

DEGREE MODULE

Teaching is an enriching way to learn. Learning to teach requires a deeper understanding of the theoretical framework and practical methodology of WingChun. The Assistant Degree is 15 hours and covers Student Levels 1-2. The Instructor Degree I is 30 hours and covers Student Levels 3-5. The Instructor Degree II is 45 hours and covers Student Levels 6-8. After fulfilling the requisite hours, you can take the Degree Exam conducted by Sifu Klaus Brand during Instructor Seminars.

- *Prerequisite:* 4th Student Level
- *Schedule:* Bimonthly 2.5-hour Modules usually on Saturdays; Biannual 4-hour Seminars in April and October