



Wing Chun Kung Fu Fundamentals



- 1. 1st Form**
- 2. Punching**
- 3. Palms**
- 4. Double Palms**
- 5. Pak Sau Sections x7**
- 6. Single Sticking Hand**
- 7. Loc Sau**
- 8. Stepping with Partner**
- 9. Loc Sau Change**
- 10. Fan Sau**
- 11. Double Fook, Double Bong Sau
(Lat Sau Jit Chung)**
- 12. Inside Pak Sau from Loc Sau**
- 13. Outside Pak Sau from Loc Sau**
- 14. Lap Sau**
- 15. Lap Sau from Loc Sau**
- 16. Lap Sau Changes x4**
- 17. 5 Count – Lap Sau**
- 18. 5 Count Lock Flow**
- 19. Lap Sau, Chop, Uppercut – From Loc Sau**
- 20. Lap Sau_(weave), Catch & Elbow Punch, Lap Chop
– From Loc Sau**
- 21. Lap Chop, on Impact of guard roll hand &
Trap/Pin (down and in/create a roof)**