

WGMAA: How to Perform Siu Lim Tao



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Introduction to Siu Lim Tau

Too often, students watch a martial arts film such as Ip Man (2008) and want to learn Wing Chun to learn the cool hand movements. Even older students neglect practicing the first form of Wing Chun even though it contains some of our most precious principles.

I am writing this manual to help prepare the younger students of the Wu Gung Martial Arts Association (WGMAA) to study the moves they learn in class and use this manual as a guide to help them learn the correct angles and postures. I have divided the manual into four chapters

- Forming Your Stance
- The First Component
- The Second Component
- The Third Component

The reason I have done so is because the Siu Lim Tau, which translates to “little idea” will prove tiring on a beginner’s lower body muscles.

Within each chapter I will explain each of the movements used in the guide (unless they’re movements solely for transitioning phases or already covered in a previous chapter). I will then at the end of each chapter walk you through each component of Siu Lim Tau and how to tie in the movements you just learned. Whether you’re looking to learn how to progress each movement or form, or looking for a review, hopefully you will find everything you need to learn to perfect your personal Siu Lim Tau.

Note: All of my information comes from my Sifu (teacher) David Lott. Spelling and definitions vary, but mine are based off the website:
<http://www.wingchunpedia.org/pmwiki/pmwiki.php?n=WCP.WingChunGlossary>



Chapter 1: Forming Your Stance



Chapter 1: Forming Your Stance

The Center-Line Theory

In this chapter, I will be covering both the center line theory and why it is important in not only in forming the correct stance, but for the entirety of Siu Lim Tau.

The centerline is the founding principle of Wing Chun. In Wing Chun, we visualize an imaginary line that starts from the top of our skulls that extends between our legs to the ground. We stress the importance of the centerline because our vital organs vary up and down the center line. We also keep our elbows in Siu Lim Tau because the majority of our hand movements are designed to protect our vital or while effectively creating a wedge to access our opponent's center line.

By sinking, keeping your elbows in, and your shoulders square, you can gain leverage over your opponent, particularly those larger than you. If you were to extend your fist vertically (keeping your elbows inward and shoulders down), and your opponent gradually applies pressure to your fist, you should feel his or her energy transfer to your heels. By the end of this chapter, you should form the perfect stance to build up your structure, which is vital to all things Wing Chun.

Movements

This chapter doesn't feature any hand movements that will be reoccurring. The only hand movements are used to simply help you establish your center line.

Forming the Stance

Now I will take the principles learned above and show you how to apply them to your stance.

1. Stand up straight facing forward and with your shoulders squared.
 - a. Your feet should be close to touching, but only an inch apart.
 - b. Your eyes will face forward and your chin slightly lowered to cover your throat.
2. Extend your arms in front of your body.
 - a. Make sure your arms and palms are at shoulder height.
 - b. Have your arms and palms parallel to the ground with your fingers pointing directly in front of you (see figure 1 below).



Figure 1: Beginning the stance

3. Sink through your knees and simultaneously bring your arms to your sides
 - a. Bend your knees until you can no longer see your feet while keeping your back straight.
 - b. Keep your shoulders down and your hands clenched in a fist an inch apart from the side of your body, and facing upwards toward the ceiling.



Figure 2: Demonstrating the next step.

4. Move the tip of your feet apart while keeping your heels together.
 - a. You should see your feet form a triangle.

- b. The tips of your feet will form the base and the heels will form the tip of the triangle.



Figure 3: Notice the triangle shape

- 5. Move your heels outward, and then the tip of your feet inward.
 - a. You will reverse the triangle you previously created.
 - b. The tip of your feet will now form the tip of the triangle and the heels will form the base.



Figure 4: The triangle is reversed.

6. Flex your hips forward as far as you can without leaning backward or forward and simultaneously form an X with your arms diagonally downwards from your torso.



Figure 5: Using the arms to find the center.

7. Raise your arms upwards so that they still form an X and at a 45 degree angle away from your body.
 - a. Your palm will be facing towards you with about 5 inches of space in between
 - b. You can use this space to help imagine your center line.



Figure 6: Arms are raise but still aligned with the center.

8. Return your fists to your sides as previously seen in step 3B.

You can check your stance in the mirror with the front and side view. Practice in front of the mirror often; you'll need to build up the muscles used in this stance if you hope to complete the entire form of Siu Lim Tau.

Chapter 2: The First Component



Chapter 2:

The First Component

Introduction

The original Siu Lim Tau was taught all at once and even led into the second form. Wing Chun instructors, including Wu Gung Kung Fu's David Lott have since broken the form down into four smaller modules, which students will eventually combine into one; their reason is that learning the form provides a workout for your legs.

In this chapter, I will first provide lessons for individual hand movements in this first part of the form. I will teach you some of the fundamental Wing Chun hand movements and then show you how to put them together.

Movements

The following movements will be covered in this chapter:

- Punching
- Tan Sau
- Huen Sau
- Fook Sau
- Jut Sau
- Wu Sau
- Pak Sau

Punching

In Wing Chun, we practice an unorthodox method for punching which is translated as Chain Punching. Chain Punching is simply punching hand over hand in a rotation motion similar to a bicycle wheel. To achieve this, we make sure our shoulders are down, bring our elbow to our center, and relax both our arms and fists. We also keep our fists vertical, hitting with the last two knuckles (pinkie and ring finger) rather than use a horizontal fist. We do this so that we can achieve the most economical punch in all of the martial arts. The punch also derives its power from both hip movements and the elbow. Because of this, we can achieve much power at a shorter distance without compromising our balance. The rotational punching can be used to first parry an attack, with the elbow force of the first punch collapsing an opponent's attack which is then immediately followed by the other punch.

1. Get into the horse stance that was established in the previous chapter.
2. Bring your left elbow and fist to your center line.

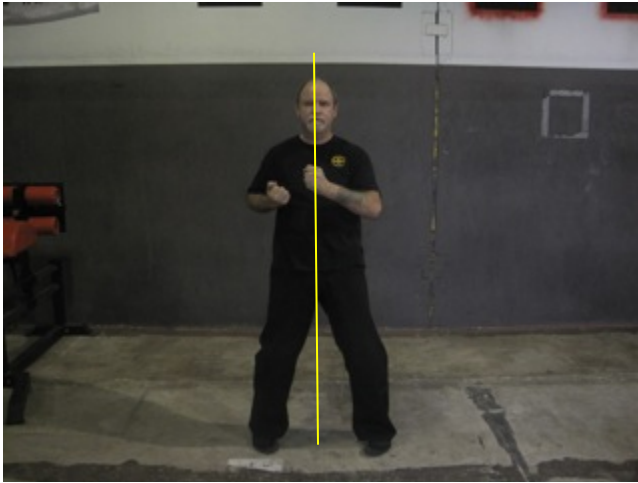


Figure 7: Note how the fist is aligned with the center.

3. Keep your shoulders down and punch forward (straight).



Figure 8: Note how the man's shoulders are relaxed and the fist vertical.

- a. If you raise your shoulders when punching, you won't punch through your target and you will lose power.
 - b. Keep your fists relaxed as if you were holding a grape.
4. Bring your left elbow back to your left side and repeat steps 1-4 with your right side.

By now you should be able to perform a simple straight punch. When you want to include more punches, punch hand over hand. You may now move on to learning the next part: Tan Sau.

Tan Sau

The Tan Sau is one of the twelve hand movements a Wing Chun practitioner can learn. The Tan Sau is a parry that can be used to defend against inside and outside attacks away from your center.

1. Start off in your horse stance.
2. Bring your left or right elbow to your center.
 - a. Make sure your elbow is a few inches in front of your torso and not touching.



Figure 9: The Sifu is in the process of bringing the elbow to the center before making the Tan Sau.

3. Turn your arm so that the under part of your arm and palm is facing upwards.
4. Have your arm form a 45 degree angle from your torso.
5. Bend your palm forward with your fingers pointing forward and touching each other.



Figure 10: Demonstrating a proper Tan Sau.

6. Repeat for the other arm.

Huen Sau

The Huen Sau is roughly translated to circular hand movement. Wing Chun practitioners use it to go around your opponents arm to gain access to the center when he or she applies excessive force. The Huen Sau is simply turning the wrist and

Hand in a counter-clockwise movement, but for this section we will cover how you will use it for the majority of Siu Lim Tao.

Note: This entire movement will be repeated throughout Siu Nin Tau. When referencing this movement in later chapters, I will make a reference like this: Huen Sau (Ch. 2)

1. Get into your stance.
2. Hold out your arm straight out with the palm facing the sky.



Figure 11: The beginning of the Huen Sau.

3. Rotate your hand counter-clockwise.
 - a. We rotate counter clockwise to keep our opponent's attack away from our center.



Figure 12: Huen Sau in mid turn.

4. Keep going until your palm is at the twelve-o'clock position
 - a. The palm will be facing straight out and the fingers pointing toward the sky.



Figure 13: How you will end before closing the fist.

5. Close your palm into a grab and return your elbow to the side.
6. Repeat for the other arm.

Fook Sau

Wing Chun practitioners use the Fook Sau as a parry. The angle is similar to a Tan Sau; however, we also use it to cover the opponent's arm. By covering our opponent's arm, we can open up possible traps and throws.

1. Get into your stance.
2. Form a Tan Sau as a frame of reference.
3. Turn your hand counter clockwise
4. Stop when your fingers are facing diagonally to the left.



Figure 14: Demonstrating a proper Fook Sau.

Jut Sau

The Jut Sau is a snapping-hand parry with the thumb side of the wrist. You can also use it to parry an attack on top of your opponent's arm in case you mess up the Pak Sau. For this chapter, you will do the Jut Sau after certain Huen Sau movements.

1. Start off in your stance.
2. Bring your elbow and arm to your center.
 - a. Keep your arm at the same angle as your Tan Sau.
3. Open up your palm with the palm vertically facing towards your right.
4. Keep the thumb and fingers pointing toward the sky.
 - a. Keep your tip of the fingers only at the bottom of your neck.



Figure 14: Demonstrating a proper Jut Sau.

Wu Sau

The Wu Sau is one part of the actual combative Wing Chun stance. Practitioners pair it with the Mun Sau (which we will cover in a later chapter). The Mun Sau is the hand that is at the front, and the Wu Sau is positioned at the rear, ready to defend against any attack. Forming your Wu Sau is easy: face your palm towards the width of your shoulders. Position the heel of your palm at mid-chest level. Hold it a few inches in front of your chest. This is one of the few instances your elbow will be facing out.



Figure 15: DeMunstrating the Wu Sau.

Pak Sau

Pak Sau is used to intercept your opponent's attack with your palm. For Siu Lim Tao, Wing Chun practitioners practice two kinds: A straight Pak Sau and a side Pak Sau.

The straight Pak Sau is almost like the punch, except your palm will be open instead of a fist. The idea is the collapse your opponent's arm against his torso so he can't use it again.



Figure 16: Demonstrating the straight Pak Sau.

The side Pak Sau will be used to block attacks coming from outside attacks. Starting from the Wu Sau, move your Pak Sau in the direction your palm is facing, going no further than your shoulder width.



Figure 17: Demonstrating the side Pak Sau.

Putting Them Together

You should now know the crucial hand movements used to perform the first part of Siu Lim Tau. You may use some of these movements a little differently than the previous modules describe, and you will use some of these movements again in later chapters. When doing the following movements, you must go slowly as you are building on your structure which provides an excellent workout for your legs.

1. Begin by getting into your stance.
2. Bring your left elbow towards your center.



Figure 18: Beginning the next part of Siu Lim Tau.

3. Punch straight with your left hand.



Figure 19: Performing the straight punch.

4. Open up your palm vertically.
 - a. Keep your fingers pointing straight out.



Figure 20: The man opens up the fist.

5. Turn your palm to the left until the palm is horizontal.



Figure 21: The Sifu is readying to perform the Huen Sau.

6. Perform the Huen Sau.
7. Close your fist and return your left arm to the side.
 - a. Repeat Steps 1-7 for the right arm.
8. Take a deep breath from your stomach.
9. Open up your left palm and slowly bring your elbow to your center, forming a Tan Sau.
 - a. As you do this, excel slowly until you've formed the Tan Sau.



Figure 22: The Sifu finishes making the Tan and readies his Huen Sau.

10. From the Tan Sau position, make a Huen Sau.
 - a. Instead of a fist, form a Jut Sau.
 - b. Position the tip of your fingers just below your throat.



Figure 23: After the Huen Sau, the Sifu snaps his hand into Jut Sau.

11. Inhale slowly and at the same time bring your Jut Sau towards your chest to the Wu Sau position.
12. Lower your Wu Sau until the tip of your fingers is at the bottom of your neck.
13. Repeat steps 8-9, except you will replace the Tan Sau with a Fook Sau.
 - a. The Fook Sau should be at the same angle as your Tan Sau.
 - b. Perform these steps three more times and then end with your hand in Wu Sau Position.



Figure 24: The Sifu returns with a Fook Sau instead of a Tan Sau.

14. Pak Sau to the right shoulder.



Figure 25: The Sifu makes a Pak Sau to the right shoulder.

15. Return to Wu Sau position.

16. Pak Straight out.



Figure 26: The Sifu makes a straight Pak Sau.

17. Perform the Huen Sau (Ch. 2).

18. Repeat for the opposite side.

By now, you should know how to perform the first part of Wu Gung Kung Fu's version of Siu Lim Tao. Remember to practice these slowly and use a mirror to compare your stance to the photos within this manual. You are trying to improve your breathing and lower body muscles. When you and your instructor think you are ready, move onto the next chapter.

Chapter 3: The Second Component



Chapter 3: The Second Component

Introduction

In this chapter, we will cover the second part of Siu Lim Tau which you will learn for WGMAA. This will be the longest chapter, as we will cover a notable number of hand movements. You will learn more movements because you don't have to practice as slowly. We will cover some hand movements from the last chapter, and some of the hand movements are not necessarily actual techniques, but rather placements or transitions. Even though you don't have to perform these actions slowly, you may want to consider doing so anyway to perfect the movements.

Movements

The following hand movements will be covered in this chapter:

- Palm Strikes
- Gum Sau
- Dan Sau
- Behind The Back Grab
- Lan Sau
- Fuun Sau
- Double Jum Sau
- Outside Jut Sau
- Gaan Sau
- Bong Sau

Palm Strikes

In this part of Siu Lim Tau, you will use three open-handed palm strikes. The first is what you learned from chapter 2, which can double as a Pak Sau.



Figure 27: Note how similar the straight palm strike is to the straight Pak Sau.

The Second is the corner palm strike. You perform this by turning your fingers out to the side (for instance, the left hand's fingers will be pointing towards the left), but essentially works the same as the first palm strike. You will also use this to strike the ribs in the form.



Figure 28: Demonstrating the corner palm strike.

The third is the underhanded palm strike, which can only be used from a Tan Sau. From the Tan Sau, you will strike upwards towards the jaw with the heel of your palm.



Figure 29: Demonstrating the underhanded palm strike.

Gum Sau

The Gum Sau is similar to the Pak Sau, except the pressure is forcing the arm downward. It is also used to cover an attack aimed at your lower torso. You will use the Gum Sau in front of your face facing downwards (keep your palm facing parallel to the ground and pointing to the tip of your triangle, which you established when making the horse stance).



Figure 30: Demonstrating Gum Sau with both arms.

Dan Sau

The Dan Sau looks similar to the Gum Sau; the difference is the position of the palm. Place your arm to the side of your torso and keep your palm parallel to the ground.



Figure 31: Demonstrating a Dan Sau.

Behind The Back Grab

You will use this for when an opponent attacks you from behind.

1. Place your hands behind your back, with the wrist at the top of your tail bone.



Figure 32: Getting ready to grab.

2. Grab the air with clenched fists and pull upwards, which simulate grabbing the attacker's genitals.



Figure 33: Finishing the grabbing action.

Lan Sau

The Lan Sau is a two-armed parry that is barred in front of your body at the same level as your torso. It can be used to protect your upper body and head and lead into different joint locks and throws. When forming the Lan Sau,

1. Bring your left arm and right arm up to shoulder level simultaneously.
2. Finish with the left arm placed on top of the right arm.
 - a. Both sets of fingers will touch below and above the elbows.
 - b. When doing the form, you will start off in this position and then reverse the order of the arms.



Figure 34: Demonstrating a proper Lan Sau.

Double Jum Sau

The Double Jum Sau is also a two-armed parry used at the same angle of the upper Tan Sau. When in a situation where your arms are at chest level or above, you use it to apply downward force to cover the attack, starting with the elbows until both arms are at the upper Tan Sau angle. Your hands and fingers will also be pointing at the

same direction as your arm, with the bottom of the arm and palm facing towards your right and left respectively.



Figure 35: Demonstrating a proper double Jum Sau

Fuun Sau

The Fuun Sau is the first attack you will learn that isn't a straight attack or with your elbow lined up to your center. Wing Chun practitioners use it to chop the opponent in the throat and neck area. The Fuun Sau is one simple movement; yet it actually contains three movements.

1. Start off in the Lan Sau position for a frame of reference.
 - a. You may remove the bottom (right) arm just for the purpose of this drill. Otherwise the following pictures will feature both arms.
2. Throw your elbow(s) to the side so that it is lined up with your shoulders.



Figure 36: Demonstrating the first part of Fuun Sau.

3. Allow the arm to follow so that it too is on the same plane as your shoulder.



Figure 37: The arms are in the proper position, but the hands are not.

4. Flick your hand outwards, so that the fingers are bent as far as they can behind the arm.



Figure 38: Demonstrating the full Fuun Sau.

Outside Jut Sau

The outside Jut Sau is used to either parry inside or outside attacks with the edge of your wrist. The difference with the outside Jut Sau and a regular Jut Sau is the shape of the hand and placement of the hand. To form this, start off in a regular Jut Sau. Then, move your forearm and hand to the left or right (depending on which arm) until it is shoulder width. Curve your hand so that the fingers are pointing towards your center, and keep the thumb attached to the side of the hand.



Figure 39: Demonstrating an outside Jut Sau.

Gaan Sau

The Gaan Sau is another move that doesn't require your elbow to align with your center. It is a low slicing motion used to deflect upper cuts and other attacks aimed towards the lower torso.

1. Drop the elbow first and let the forearm follow.
2. Make sure your forearm is slightly curved.



Figure 40: Demonstrating a proper Gaan Sau.

Bong Sau

The Bong Sau, which is translated to flanking arm, is a parry that can be used to roll attacks off the arm to set up traps. Setting up the Bong Sau is essentially the Bong Sau except the elbow won't align with your center.

1. Start off with your Tan Sau with either hand.
2. Take the tip of your hand and rotate the hand as you would a screw towards the inside of your torso.



Figure 41: Beginning the turn into Bong Sau.

3. Stop when your palm is facing directly in front of you (towards your opponent).
 - a. Make sure your elbow is at shoulder level and your palm should be slightly lower.



Figure 42: Demonstrating a proper Bong Sau.

Putting Them Together

Now that you have learned the above hand movements, you are ready to take on the next part of Siu Lim Tau.

1. Start off up to the final point from Chapter 2.
2. Take the left arm and form a Dan Sau next to your left side
3. Do the same for the right arm on the right side.



Figure 43: Both hands have finished forming Dan Sau.

4. Move your hands so that they are behind your back with the wrist at the base of your tail-bone.
 - a. Make sure the hands are connected side by side.
5. Make a grasping motion with both hands and pull up to the lower back.
6. Bring your hands back to the front with a circular motion going in front of you (around your torso).
 - a. Your hands should be at chest level.



Figure 44: The hands are in position to perform Gum Sau.

7. Then, push downwards to make a gum Sau with both hands.



Figure 45: Demonstrating Gum Sau.

8. Bring both hands up at the same time, forming the Lan Sau as I showed you above.



Figure 46: Sifu brings his arms up to Lan Sau.

9. Make both arms simultaneously perform Fuun Sau.
 - a. Both arms will end at the same level of height.



Figure 47: Sifu performs the Fuun Sau with both arms.

10. Return your arms back to Lan Da, this time with the right arm on top of the left.



Figure 48: Sifu returns to Lan Sau except he reverses the placement of the arms.

11. Drop both arms into a double Jum Sau.



Figure 49: Demonstrating double Jum Sau.

12. Make a small semi-circle going the direction of your shoulder's width until both hands are touching side by side, palms up.
 - a. The circular motion will require the palms to the width of the body no further than shoulder width.
 - b. Your arms will actually form two Tan Saus at the end.



Figure 50: Sifu is in the process of the circular movement.

13. From the palms up position, make another small semi-circle, this time going outwards from your torso.
 - a. Your hands will return to the same position from the start.
14. Make one final semi-circle side to side so that your palms are facing the ground.



Figure 51: Sifu is in position to thrust his fingers.

15. Thrust your fingers outwards so that your hands are at the starting position of making the stance.

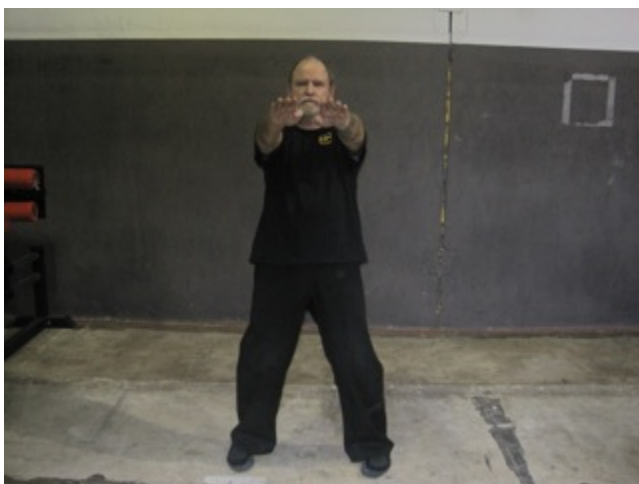


Figure 52: Sifu finished thrusting his fingers.

16. Lower your hands straight down until they are about as low as your hips.
 - a. Your arms will be angled diagonally downwards.
 - b. Make sure your arms are bent upwards.



Figure 53: Sifu has his hands lowered similar to Gum Sau.

17. Raise your hands again, back to the same level as step 14.
 - a. Bend your hands so that the fingers are pointing straight towards the ground.



Figure 54: Sifu keeps his hands bent forward.

18. Return your arms to the side just like in the final step of making the stance.
19. Make a Wu Sau with your left hand and then Pak Sau to the right side.



Figure 55: Sifu makes a Pak Sau to the side.

20. Make an outside Jut Sau to your left side



Figure 56: Sifu demonstrates the outside Jut Sau.

21. Make a corner palm strike aimed directly in front of you about chin level.



Figure 57: Sifu demonstrates a corner palm strike.

22. Do the Huen Sau (Ch. 2) movements and then return your hand to the side of your torso.
23. Repeat steps 18-23 with your right side.
24. Form a Tan Sau with fingers at neck level.
25. Make a Gaan Sau.



Figure 58: Sifu demonstrates a proper Gaan Sau.

26. Return to Tan Sau except with the fingers now as high as your chest.



Figure 59: Notice how the Tan Sau is slightly lower.

27. Perform the Huen Sau and end with a corner palm strike to the ribs.



Figure 60: Notice how the corner palm strike is aimed at the ribs.

28. Perform another Huen Sau and then return your hand to the side.
29. Repeat 24-27 with the right side.
30. Make a Bong Sau with your left arm.



Figure 61: The Sifu demonstrates a Bong Sau.

31. With the same arm, drop back into a Tan Sau at neck level.



Figure 62: The Sifu rolls back to Tan Sau.

32. From the Tan Sau position, make an underhanded palm strike towards the chin level.



Figure 63: The Sifu strikes with the heel of his palm.

33. Perform the Huen Sau (Ch. 2) and return to the side.

34. Repeat with the right side and close up your stance

You have now completed the next step of Siu Lim Tau. The next chapter will be shorter but trickier. When you and your Sifu think you are ready, feel free to move onto the next chapter.

Chapter 4: The Final Component



Chapter 4: Final Component

Introduction

You are now ready to take on the last portion of the Siu Nin Tau form. This chapter will be shorter than the last; however, we will cover one of the trickiest parts for most Wing Chun practitioners: turning.

Movements

The following Movements will be covered in this chapter:

- Joon Mah
- Kwan Sau
- Clearing Hands
- Mun Sau/ Wu Sau
- Punching

Joon Mah

Joon Mah roughly translates to turning the horse. This means that we will work on turning our stance (the feet), which we've previously kept in the same position for the majority of Siu Lim Tao. The angles of the turn are sharp and are designed to collapse and opponent's arm-of-attack in a way that keeps you stationary due to keeping your weight on the back leg. Remember that this is one of the trickiest parts of Wing Chun, so practice slowly at first. You can also practice in front of a mirror to help you out.

Note: Since this works in conjunction with Kwan Sau, I will present pictures of the turning in the section, Putting Them Together.

1. Start off in your stance.
 - a. Keep in mind the triangle shape of your feet. This will help you from overturning.
2. Begin your turn with the left hip and shoulders.
 - a. Keep your head facing ahead of you.
 - b. As you turn, sink your left knee and keep flexing your hip towards the tip of your triangle.
3. When you've turned far enough, your right foot will be forced to turn as well.
 - a. Make sure your right foot ends up parallel to your left foot.
4. The turn you line up with the left side of your original triangle, which amounts to a turn that's no more than a 45 degree angle.
5. Return to your original horse stance and do the same for the opposite side.

Kwan Sau

The Kwan Sau is an excellent two-handed parry used to set up traps or arm bars. The Kwan Sau works best when paired with the Joon Ma. Learning the Kwan Sau should be easy as you've already learned each of the two Hands: the Tan Sau and the Bong Sau. Therefore, we will not go through a step by step. Simply form a high Tan Sau with one arm and a low Bong Sau with the other. When you want to switch, rotate the arm with a Bong Sau upwards and then end with a Tan Sau. At the same time, rotate the arm with a Tan Sau downwards and then form a Tan Sau.

Mun Sau And Wu Sau

The Mun Sau and Wu Sau are the foundation of a basic combative Wing Chun stance. The Mun Sau translates to "asking hand," and acts as an antenna that makes first contact with your opponent's attacks. You already know the Wu Sau which translates to "receiving hand" and is used to either pick up what your Mun Sau missed, or follow through with an attack of your own. Have your Mun Sau arm straight with palm turned toward the side and fingers pointing forward. Your Wu Sau should be placed next you're the elbow of your Mun Sau.



Figure 64: Demonstrating the stance complete with Mun Sau and Wu Sau.

Clearing Hands

Simply put, the clearing action is used to redirect an opponent's arm that is attached or grabbing your arm. The result can be used to set up strikes and traps. Though there are different variations, we will now go through a short module to explain how you'll use it in the form.

1. Begin with left arm in front of your arm but positioned downward and at a diagonally forward angle.
 - a. Keep the palm down.
 - b. Your elbow may be positioned slightly outward from the center (about shoulder width).
2. Bring your right arm to your left arm and rest the back of the hand on top of your elbow



Figure 65: Demonstrating the first part of clearing hands.

3. Slide your right hand along the top of your left arm and at the same time slide your left hand underneath your right arm.
4. When your right hand has finished clearing the left arm, position the arm like in step 1 and remember to rotate the palm so that it is facing the ground.



Figure 66: The Sifu has switched the arms' positions.

5. When your left hand has finished clearing underneath the right arm, position the left hand just like in step 2.

Putting Them Together

Now you know the remaining movements required to complete the form. While this portion is the shortest, you will most likely practice this the longest. Do not feel discouraged and feel free to refer to this guide to understand how to correctly perform this final portion.

1. Begin where you left off from the previous chapter.
2. Make a turn (Joon Ma) facing your right side.
 - a. At the same time, you will form a Kwan Sau with your left arm forming the Bong Sau and your right arm forming the Tan Sau.



Figure 67: Note how the feet are parallel.

3. Turn back to the original stance.
 - a. Each time you return to the original stance from now on, you will be in the middle of the process of switching the Kwan Sau such as in the figure below.



Figure 68: As the Sifu returns to neutral position, he is switching his arms.

4. Turn back to the original stance and then turn to the right.



Figure 69: The Sifu turns to the other side.

5. This time when you return back to the original stance, form a Mun Sau and a Wu Sau.
 - a. You'll still perform the movements as if you were switching sides on the Kwan Sau; however, you'll end this time with the hands as a Mun Sau and Wu Sau.
 - b. Your left arm will be the Mun Sau and your right arm the Wu Sau.



Figure 70: The Sifu forms a stance with Mun Sau and Wu Sau.

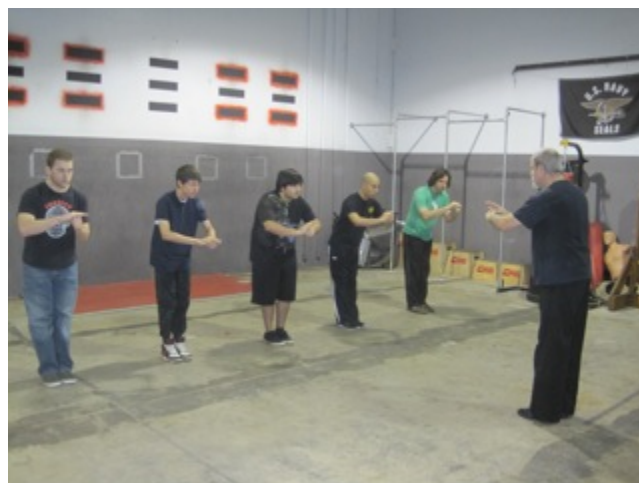
6. Shift your hands to get ready to do the clearing action you learned earlier.
7. Perform the clearing action three times.
 - a. You'll return to the clearing position with your right arm palms down.
 - b. This time, you'll left arm will form a fist about at Wu Sau position.



Figure 71: The Sifu modifies the clearing hands with his left arm forming a fist.

8. Punch with your left hand, and then punch two more times
 - a. The order will be left fist, right fist, and then left fist again.
 - b. When punching, punch hand over hand rotating forward as if your arms were a bicycle wheel.
9. Leave the left fist out and then open the fist.
10. Have the palm facing forward and then make a Huen Sau (Ch. 2).
11. Return your arm to the side and then release your stance.

You have now learned the entire first form. Feel free to refer to this guide often. The pictures will help you determine the correct postures and angles, and the words can help when you are lost. You will spend a lot of time practicing this form before you move onto the next form, Chum Kiu. Until then, you and your teacher will practice drills using each of the movements of Siu Lim Tao to learn how to apply them in actual combat.



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