

# Wing Tsun Classes on SummerCamp 2011

## Thursday July 7th

**10.00 - 12.00**

### Wing Tsun Program

*Systematic training of the individual programs in preparation for testing.*

*To qualify for the test Saturday, at least 1 of the Wing Tsun Program modules must be attended.*

*Dai-Sifu and Team*

**13.00 - 15.00**

### Siu-Nim-Tau

*The basic structure of Wing Tsun.*

*All Concepts and Ideas explained and demonstrated.*

*Participation in a Siu-Nim-Tau seminar is mandatory before test for 6th SG or above.*

*Dai-Sifu*

**13.00 - 15.00**

### Chi-Geuk/ Advanced Footwork

*As we have sensitivity training for the arms (Chi-Sau), we also have it for the legs (Chi-Geuk).*

*Without an efficient footwork, Wing Tsun will not reach it's full potential.*

*Si-Hing Lars*

**15.15 - 16.30**

### Lat-Sau

*Lat-Sau is a dynamic training method where the technical program is trained under a pressure that can vary and approach actual fighting.*

*Wing Tsun 'Sparring'.*

*Sifu Riis*

## Friday July 8th

**10.00 - 12.00**

### Wing Tsun Program

*Systematic training of the individual programs in preparation for testing.*

*To qualify for the test Saturday, at least 1 of the Wing Tsun Program modules must be attended.*

*WT Scandinavia Team*

**10.00 - 12.00**

### Chum-Kiu

*All Concepts and ideas explained and demonstrated.*

*Participation in a Chum-Kiu seminar is mandatory before test for 9th SG or above.*

*Dai-Sifu*

**13.00 - 15.00**

### Fighter/Sparring

*The purpose of Wing Tsun is selfdefense, that is, to prevail in a fight where there are no rules.*

*Different situations and openings will be trained.  
Please note: This is NOT FighterClub or full-contact.*

*Sifu Kenneth*

**15.15 - 16.30**

### Lat-Sau

*Lat-Sau is a dynamic training method where the technical program is trained under a pressure that can vary and approach actual fighting.*

*Wing Tsun 'Sparring'.*

*Sifu Riis*

**19.00 - ?**

### Theory/Question time

*Dai-Sifu pontificates on Wing Tsun and life's other great mysteries and miracles.*

*Ask any question! Completely informal. Party setting at The Round Table.*

*Dai-Sifu*