

**UC Davis Living Well Center
Wing Chun Kung Fu
Class Syllabus**

Instructor: Louman
Schedule: Fridays and Sundays 5:00 - 6:30pm
Location: ARC Martial Arts Room

Description: Wing Chun Kung Fu is a Chinese martial art system for self-defense. It emphasizes relaxation, sensitivity, structure, and speed rather than force and strength. Wing Chun uses a variety of arm strikes, leg strikes, trapping and control techniques as part of its fighting arsenal. Legend has it that the style was created by a Shaolin nun named Ng Mui. Ng Mui acknowledged that there is a physical difference between men and women and sought to create a style that did not require physical strength. She drew inspiration for the new style after witnessing a fight between a crane and a snake. Ng Mui first taught the new style to a young woman named Yim Wing Chun in order for her to defend herself against a local warlord. The art continued to be passed down hundreds of years later to famous masters such as Ip Man and Bruce Lee. Simple and easy to learn, practitioners become effective extremely quickly through Wing Chun's unique and innovative teaching system. Wing Chun is ideal for any fitness level or experience level and there is no uniform required.

To sign up for the class, please visit <https://cru.ucdavis.edu/content/312-martial-arts-series.htm>

Instructor Bio: I started my martial arts journey while I was an undergraduate (2002-2006) at UC Davis with Hapkido, Judo, and Boxing and have been training in multiple other styles since then. I have been training Wing Chun since 2007 and currently train Wing Chun under Sifu Eddie Chong at Chong's Wing Chun & Bak Mei Kung Fu Association in Sacramento. I served as an Army officer (departing rank of Captain) from 2006-2014. I have been teaching this Wing Chun class (and occasionally substitute for Hapkido) at UCD since 2013.

Philosophy: While I discourage the use of violence, there may come a day when you are placed in a dangerous situation and have a need to defend yourself or others. For when that time comes, **it is better to have and not need than need and not have**. It is my hope that you will never have to use your martial arts training in a real situation but this class will give you the skills to effectively defend yourself if that situation arises. One of my instructors has a great saying regarding Wing Chun and martial arts: "Have mercy and don't fight. Fight, but don't have mercy".

Brief History of Wing Chun (from the Wikipedia article *Wing Chun History*):

"The oral history of the Yip Man branch of Wing Chun dates its creation to the reign of the Kangxi Emperor (1662–1722) in the Qing dynasty. After escaping the destruction of the Fujian Shaolin Monastery by Qing forces, the Abbess Ng Mui fled to the distant

Daliang mountains on the border between Yunnan and Sichuan. One day, she came upon a fight between a snake and a crane (or other animal).

She took the lessons she learned from observing the fight between the two animals and combined them with her own knowledge of Shaolin kung fu to create a new style. Ng Mui often bought her bean curd at the tofu shop of Yim Yee (嚴二). Yim Yee had a daughter named Yim Wing Chun (嚴詠春) whom a local warlord was trying to force into marriage. Ng Mui taught her new fighting style to Yim Wing Chun, who used it to fend off the warlord once and for all. Yim Wing Chun eventually married a man she loved, Leung Bok-Chao (梁博儔), to whom she taught the fighting techniques that Ng Mui had passed on to her. Husband and wife in turn passed the new style on to others.”

Class Structure: The class is typically divided into beginners and advanced students. Beginners are students who are taking Wing Chun for the first time. Advanced students are those that are continuing from previous quarters or have trained in Wing Chun before. Practices may be combined because advanced students are crucial to the teaching process as Wing Chun is a martial art that must be learned hands on.

Beginner Curriculum:

Week 1: Defense against a punch, defense against a wrist grab, defense against body grabs, vital point striking, Pak Sau drill

Week 2: Siu Nim Tao (part 1), defense against hair grab, rolls, Pak Sau drill

Week 3: Siu Nim Tao (part 2), Pak Sau drill 2+ count, rolls, movement drills

Week 4: Siu Nim Tao (part 3), Pak Sau feeding/reaction drill

Week 5: Dan Chi drill, Lop Sau drill, Pak Sau feeding/reaction drill

Week 6: Pak Sau feeding/reaction drill, defense against kicks, kicks

Week 7: Moving Pak Sau drill

Week 8: Moving Pak Sau and transition to offense/defense Pak Sau sparring, defense against grappling

Week 9: Review Quarter

*Curriculum may be adjusted according to class progress and other factors