The Road to Black Belt

Focuses mainly on basic HUA (Yielding skills) and basic FA (Throwing skills)

Application Training (Lat Sao, Kiu Sao, San Sao)

Basic punching, kicking

LEVEL

1.2.3

our first steps on the road to

your Black Belt

Preparing you for your potential upgrade to Leadership or Basic

Sensitivity Training & **Touch Reflex Training** (Chi Sao & Tui Sao)

IWKA System Dan Chi Circular Cicles Tang Yick, Yip Man).

Solo Forms Training

IWKA System

Skills Acquired

Improved body coordination, speed and accuracy

> The ability to defend vourself against basic punching and kicking attacks.

> > Measurable improvement in overall fitness level.

The basic skill in one arm sensitivity in folding and bending.

Solo Forms Training

IWKA System Saam Chin 1: complete.

IWKA System Cham Kiu

Sensitivity Training & Touch Reflex Training (Chi Sao & Tui Sao)

> Dap Sao Basic Guo Sau

Application Training (Lat Sao, Kiu Sao, San Sao)

IWKA System anti grappling

Sensitivity Training & Touch Reflex Training

(Chi Sao & Tui Sao)

LEVEL

Skills Acquired

being positioned on the ground.

Solo Forms Training

Biu Tze: complete

White Crane)

Sensitivity Training &

Touch Reflex Training (Chi Sao & Tui Sao)

SUMMARY

Expanding on the sensitivity and basic introduction into the internal part of the IWKA System

Basic understanding of the Six Core

Solo Forms Training

LEVEL

4.5.6

SUMMARY

and Basic Class

Your doorway to the intermediate IWKA

1st half of the Fujian White Crane

Skills Acquired

Able to defend basic poxing attacks, straight

The skill of using the elbow and knee in defence and offence.

> The basic sensitivity with two arms in folding and bending.

> > Noticeable difference in basic body structure momentum handling and overall fitness level

Good skills in the usage of the four basic punches, on pads and application.

Application Training (Lat Sao, Kiu Sao, San Sao)

Basic boxing defense program.

Elbow & knee program

Basic grappling and anti-grappling

Application Training (Lat Sao, Kiu Sao, San Sao)

The skill of handling yourself in all possible fighting ranges and situations.

IWKA Controlling & Restraining program fully under control. Training & Touch Reflex Training (Chi

LEVEL

SUMMARY Congratulations! YOU DID IT!

Your Black Belt is something that you can be very proud of, that YOU will keep with YOU for the rest of your life and that no one can EVER take away from you. You've earned the key to the higher internal levels of the IWKA System

Acquired

the 11th Student Level

LEVEL 10.11

Sao & Tui Sao)

Single arm and double

wo Man Sets

ll Two Man Sets

(Wing Tjun Kuen Form

Tang Yick) - IWKA System Chi Sa

Solo Forms Training

IWKA System Wing Tjui

Kuen Form (Tang Yick)

SUMMARY

Your Black Belt in plain sight

The Brown Sash levels take you further into the internal part of the IWKA System

With your current level of self control. mentally and physically, the IWKA System takes you into the realm of the more advanced forms and techniques

Basic understanding of the Six Core Elements

Leadership mindset in various aspects of life

Forceflow handling.

controlling & joint handling as well asbasic weapon handling both in offence

1omentum handlina.

sensory motorskills, and handling of Body, Mind and Energy

Good understanding of the Six Core Flements

in grabbing,contro locking and joint

Application Training (Lat Sao, Kiu Sao, San Sao



