
Mindful Wing Chun Online - Main Program's INDEX

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Key Concepts

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- WK 25 | Stance on One Leg
- WK 55 | Intro to Stepping in Stance
- WK 73 | Body Movement Practice
- WK 2 | Intro to Taigung and Seng
- WK 3 | The Wing Chun Guard
- WK 4 | Mindful Relaxation
- WK 4 | The Idea of Placing
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- WK 6 | The 5 Principles of Mindful Wing Chun
- WK 7 | The Concept of Centerline and ForwardIntent
- WK 8 | The Laws of Mechanics in Wing Chun
- WK 9 | Elbow Force
- WK 10 | The 5 Principles of the MWC system (PDF)
- WK 10 | Utilizing the Laws of Mechanics in CST Wing Chun (PDF)
- WK 10 | Elbow (and Knee) Force (PDF)
- WK 10 | The Correct State of Mind for Practice (PDF)
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- WK 15 | Precision of Movement
- WK 20 | Joint Rotation
- WK 23 | The Relationship of the Stance, Taigung and Seng
- WK 23 | Breathing and its Relationship to Your Practice
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- WK 26 | How to Elicit the State in Your Partner
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- WK 31 | Developing Dynamic Balance
- WK 32 | Dynamic Balance while in Stance
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- WK 47 | 'Dropping' Back Muscles to Initiate all Movements
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- WK 62 | Spine Movement to Promote Leg Relaxation, Seng and Balance
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- WK 72 | Adding Micro-Pivots to Knee Raise and Snap Kick exercises
- WK 76 | Mindful Sitting for Taigung and Seng Cultivation
- WK 80 | Further 'Stillness' Through Triangulation
- WK 91 | Initiating Every Movement From a 'Point' Inside the Body (at the Back)



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- WK 103 | Positioning, Kicking, and Getting BackUP from the Ground
 - WK 114 | High-Kicking Practice and its Benefits for CST Wing Chun
 - WK 120 | Elbow Force Stems from the Spine(Spreading the Wings)

Forms

Siu Nim Tao

- WK 1 | Intro to Siu Nim Tao
- WK 1 | Full Sequence
- WK 2 | Movements, Shapes, Positions
- WK 9 | Applying Elbow Force in SNT
- WK 18 | Slowing Down Siu Nim Tao
- WK 20 | Joint Rotation in Siu Nim Tao
- WK 25 | Siu Nim Tao on One Leg
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- WK 34 | 'June-Joo' - Using a 'Continuous Process' to hold Positions and Postures
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Chum Kiu

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- WK 65 | 2nd Section - Sequence, Correct Shapes
- WK 66 | 3rd Section - Sequence, Correct Shapes
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 - WK 67 | CK At Normal Speed
- WK 69 | Retaining Taigung and Seng
- WK 72 | Elbow Force Application
- WK 75 | Applying Precision and Heung
- WK 77 | Finding and Utilizing the 'Axis'
- WK 83 | Developing Multi-Directional Forces
- WK 88 | Continuous Relaxing of the Back Muscles Coupled with 'Joon-Joo' from the Axis
- WK 97 | Working on Lightness
- WK 105 | Putting Mass into the Legs (Making the Knees an Outlet)
- WK 106 | Pressure Testing for Presence of Mass in the Legs while performing CK
- WK 113 | Transferring Mass into the Limbs

Biu Gee

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- WK 108 | BG Sequence - Elbow Strikes



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- WK 109 | BG Sequence - Upward Slash and Garn Sau
 - WK 110 | BG Sequence - Last 3 Sections
 - WK 110 | Full Sequence
 - WK 111 | Shapes and Positions
 - WK 113 | Beginner's Suggested Practicing Speed
 - WK 114 | Internal Balance Awareness and Retention w Fluidity
 - WK 117 | Holistic Timing and Coordination, Further Fluidity in Movements Through Mindful Relaxation
 - WK 120 | Elbow Force Stems from the Spine (Spreading the Wings)
 - WK 125 | Power Generation through Vertebrae Movement (Vortex Force)
 - WK 132 | Moving at 50% of maximum speed
 - WK 133 | Moving from a point (nucleus) in Biu Gee - Part 1
 - WK 133 | Moving from a point (nucleus) in Biu Gee - Part 2
 - WK 143 | None throwing and bounce-back

Mook Yan Jong (Wooden Dummy)

- WK 136 | Introduction to Mook Jong (Wooden Dummy)
- WK 136 | Learning the Dummy's sequence - 1st Section
- WK 136 | Wooden Dummy Shapes and Positions - 1st section
- WK 137 | Ideas behind the dummy's movements - 1st Section
- WK 139 | Being deliberate with footwork, body positioning and Knee Force
- WK 139 | Learning the Dummy's sequence - adding the 2nd Section
- WK 139 | Wooden Dummy Shapes and Positions - 2nd section
- WK 139 | Ideas behind the Dummy's movements - 2nd Section
- WK 142 | Learning the Dummy's sequence - adding the 3rd section
- WK 142 | Wooden Dummy Shapes and Positions - 3rd section
- WK 143 | Coupling Elbow Force with 'Optimum Angle' and circular structures
- WK 143 | Ideas behind the Dummy's movements - 3rd section
- WK 144 | Learning the Dummy's sequence - adding the 4th section
- WK 144 | Wooden Dummy Shapes and Positions - 4th section
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- WK 147 | Learning the Dummy's sequence - adding the 5th section
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- WK 148 | Wooden Dummy - Merging Elbow & Circles with lower half (through Seng)
- WK 148 | Ideas behind the Dummy's movements - 5th section
- WK 150 | Learning the Dummy's sequence - adding the 6th section
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- WK 155 | Wooden Dummy - Full Sequence Narrated
- WK 155 | Wooden Dummy Normal Speed
- WK 156 | Ideas behind the Dummy's movements - 8th section
- WK 160 | making the contact point a fulcrum - Part 1



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- WK 161 | making the contact point a fulcrum - Part 2
 - WK 167 | Maximum efficiency and effect with your moves
 - WK 174 | Making the Dummy a 'live' opponent

Lok Dim Boon (Long Pole)

- WK 168 | Introduction to the Pole Form
- WK 168 | Finding comfort (and your Center) in Pole Stance
- WK 169 | Stepping within the Pole Stance
- WK 172 | 'Arrow Punching' within the Pole ('Low-flat') Stance
- WK 176 | Holding the Pole with the correct conditions
- WK 179 | 'Dumping Pole' (vertical flat movement up and down)
- WK 182 | Pole Movement - 'Pinning Pole and Up-flicking Pole'
- WK 185 | Pole Movement - 'Darting the Pole' (Launching Drift-Dragon Pole)
- WK 188 | Pole Movement - 'Front-on advancing Pole'
- WK 191 | Pole Movement - 'Peeling Pole'
- WK 194 | 'Darting movement into Low Stance'
- WK 197 | Pole Movement - Remaining 3 prep exercises
- WK 200 | Pole form - sequence described
- WK 200 | Pole form sequence - slowed down

Bart Jam Do (Knives)

- WK 204 | Eight-chopping Knives - Introduction and 'Circling Knives'
- WK 207 | Unique stepping practices
- WK 210 | Chopping Knife movement
- WK 213 | Stabbing Knife movement
- WK 216 | Guarding and Lay-flat Knife
- WK 219 | Wrap-rolling and Wing-arc Knife (Pivot Bong Sau Knives)
- WK 222 | Reverse Knife (Biu Gee Side Slash with Step movement)
- WK 225 | The Wing Chun Knives Form (sequence and explanation)

Solo-Exercises

Standing Meditation

- WK 1 | Proper posture and standing meditation in stance
- WK 1 | Arms by your side
- WK 3 | Double Fook Sau
- WK 6 | Double Wu Sau
- WK 7 | Double Tan Sau
- WK 8 | Start Position
- WK 11 | Fook Sau
- WK 12 | Tan Sau
- WK 13 | Wu Sau



Daily Solo Exercises

- WK 2 | Continuous Punching - Level 1
- WK 9 | Knee Raises
- WK 15 | Snap Kicks in the Air (Guard Up)
- WK 16 | Continuous Punching - Level 2
- WK 28 | Heel Kicks in the Air (Guard Up)
- WK 81 | Pivot Punches to the same Point
- WK 44 | Continuous Punching - Level 3
- WK 99 | Continuous Punching w Mini-Pivots -Level 4
- WK 108 | Mindful Walking, Pressure Tests
- WK 116 | Back and Forth Pivot Steps (from the Dummy and Knives Forms)
- WK 113 | Stepping Back and Forth w Punches, Transferring Mass into Every Punch
- WK 137 | Dynamic “footwork” gradually done at speed with a ‘Live Guard’
- WK 145 | “Shadow Boxing”, done the Wing Chun way! (arm strikes only)
- WK 159 | Striking & footwork solo practice using the state & visualization (in the air and on heavy bag)
- WK 166 | CST’s prescribed kicking drills on the Dummy
- WK 159 | Striking & footwork solo practice using the state & visualization (in the air and on heavy bag)

Pad-Work

- WK 3 | Centerline punches from the guard
- WK 7 | Double Palm Strike
- WK 8 | 1st SNT Palm Strike
- WK 11 | Continuous Punches and Palm Strikes
- WK 12 | Hooks and Uppercuts
- WK 16 | Snap Kick
- WK 17 | Heel Kick (Pad or Partner's Leg)
- WK 18 | Side Slash (Pad or Partner's Guard)
- WK 21 | Snap Kick, Heel Kick
- WK 23 | Cut-Down and In-Slash
- WK 26 | Thrust Kick
- WK 34 | Palm Strikes at Various Angles
- WK 39 | Double Palm Strike on One Leg
- WK 40 | Low Heel Kick, Thrust Kick (Alternating Legs for Each Kick)
- WK 43 | Continuous Punches with Jum Sau
- WK 45 | Knee Drop
- WK 48 | Straight Punches on One Leg
- WK 50 | Bong and Chit Sau as Strikes
- WK 53 | Close Range Punching on One Leg
- WK 53 | Low Heel Kick, Thrust Kick Using the Same Leg
- WK 59 | Revision of Arm Strikes



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- WK 62 | Inside Pivot Punch
 - WK 65 | Snap Kick with Inside/Outside Pivot
 - WK 67 | Inside Pivot and Punch - Fist on Physical Centerline
 - WK 66 | Pivot Side Slash
 - WK 69 | Hook Kick (inside Pivot Shin)
 - WK 70 | Outside Pivot Shin Kick
 - WK 73 | Pivot Side Slash, Punch
 - WK 76 | Step and Punch
 - WK 77 | Inside Pivot Heel Kick
 - WK 81 | Outside Pivot Heel Kick (CK Kick)
 - WK 83 | Hook Punch and Uppercut w Pivots
 - WK 87 | Chain Kicking - Two Kicks Powered by the Center and Axis
 - WK 89 | Elbow Strike to the Rear
 - WK 95 | Knee Strikes w Steps and Pivots
 - WK 97 | Outside Pivot Punch (and against an Incoming Punch)
 - WK 106 | Wing Chun's One Inch Punch/Palm Strike
 - WK 116 | Powerful Punching while Stepping Back and Forth
 - WK 117 | Close Range Elbow Strikes - Done from Various Angles
 - WK 119 | 2 Straight Punches, followed by Hooks and Uppercuts
 - WK 121 | Pivot-Step to Power a Punch
 - WK 120 | Close Range Heel Kicks
 - WK 124 | Wing Chun's Elbow Strike
 - WK 128 | Close Range Hook (Inside Shin) Kick
 - WK 131 | Random Chain-kicking on pad (kicking from the lower back area)
 - WK 132 | Biu Gee pivot and Side-slash to a fleeting target (max speed test)
 - WK 132 | Step and Elbow followed by Knee strike
 - WK 133 | Close-range forearm (Slash) strikes
 - WK 134 | Step with outside Pivot and Punch on partner's arm and pad
 - WK 153 | Heel Kick and Knee drop technique (from the Dummy Form)

Partnered Exercises

Taigung and Seng Test

- WK 6 | Method 1 - Pressing the Body
- WK 13 | Method 2 - Incoming Force on the Knees
- WK 25 | Method 3 - Pressing the Body, Reverse
- WK 66 | Seng Through the Thoracic Spine
- WK 100 | Pulling the Head to Bend the Neck (linked to Clinch Work)

Other important partner exercises

- WK 33 | Triangulation Test
- WK 34 | Elbow Force Test Exercises
- WK 40 | Latching on One Leg



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- WK 44 | Being Pulled on Your Fully Extended Arm
 - WK 54 | Fook Sau
 - WK 55 | Commitment Testing for Kicks
 - WK 59 | Revision of Dynamic Balance Test
 - WK 22 | Absorption - Punch against Incoming Force
 - WK 29 | Absorption - 2 Punches against Charging Partner
 - WK 32 | Absorption - Heel Kick against Charging Partner
 - WK 58 | Absorption - Revision of Exercises So Far
 - WK 58 | Liveness and Sticking Quality of the Guard
 - WK 127 | Dynamic Force Applied to the Arm
 - WK 137 | Dynamic force applied to the arm (PART 2)
 - WK 65 | Speed and reflex - Parry/Catch Incoming Punch
 - WK 86 | Speed and reflex - Pivot and Punch over a Reacting Guard
 - WK 117 | Speed and reflex - Advanced - Punch Through a Guard with a Step
 - WK 132 | Speed and reflex - Biu Gee pivot and Side-slash to a fleeting target (max speed test)

 - WK 72 | Pivoting, Palm Strike, Reverse Tan Sau
 - WK 83 | Using Partner's Pulling Force w Steps & Strikes
 - WK 84 | Knee Raises against Resistance
 - WK 109 | Penetrative Force against the Wing Chun Stance

Pressure testing Pivots

- WK 73 | Pivot - Against Incoming Force on the Chest
- WK 75 | Intro to Momentum Redirection
- WK 78 | Momentum Redirection with Pivot – Arms Parallel
- WK 76 | Pivot Test Prep Exercises – Taigung and Seng
- WK 78 | Pivot - Resisted at the Shoulders

Forms Pressure Testing and Power Generation

Siu Nim Tao Pressure Test and Power Gen

- WK 36 | Start Pose
- WK 37 | Double Chit Sau
- WK 39 | Double Dai Sau (Arms Raising)
- WK 40 | Back to Start Pose, Placing Fist on Center
- WK 42 | Centerline Punch
- WK 43 | Heun Sau, Back to Start Pose
- WK 44 | Tan Sau
- WK 45 | Huen and Wu Sau
- WK 47 | Wu Sau (cont.) and Fook Sau
- WK 48 | Parry and Palm Strike
- WK 50 | Double Palm Strikes and Transitions
- WK 51 | Down and Forward Double Palm Strike, into Side Slash Position
- WK 53 | Side Slash (Out and In) and Transition to Cut Down Position



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- WK 54 | Cut Down and Jum Sau
 - WK 55 | Double Pierce, Arms Extended Up, Down and back
 - WK 56 | Parry and Palm Strike (from the Shoulder)
 - WK 58 | Garn and Bong Sau
 - WK 59 | Bong Sau Palm Strike, Chit Saus and Punches
 - WK 61 | Constantly Revising SNT Movement's 'Pressure Testing'

Chum Kiu Pressure Test and Power Gen - Section 1

- WK 86 | Double Vertical Pierce
- WK 86 | Pivot Bending Arms to Parallel
- WK 87 | Pivoting 180° w Static Parallel Arms
- WK 87 | Double Horizontal Pierce in CK Stance
- WK 88 | CK Latch and Tan Sau in CK Stance
- WK 88 | Palm Strikes in CK Stance
- WK 89 | Pivoting 180° while Moving Arms to Optimum Angles
- WK 89 | Bong and Dai Sau w a Pivot
- WK 91 | Returning from Bong and Dai Sau w a Pivot
- WK 91 | Punching from Off-Centerline
- WK 91 | Back to Start Pose from CK Stance
- WK 92 | Pivot and Side Slash
- WK 92 | Inward Palm Strike after Side Slash
- WK 94 | One Arm Piercing as the other Return to Start Pose

Chum Kiu Pressure Test and Power Gen - Section 2

- WK 94 | Pivoting 90° while Rotating the Forearm
- WK 95 | Heel Kick, Stepping Down w a Pivot
- WK 95 | Side-Step Resisted at the Body
- WK 97 | Side Step w Back Leg, Bong and Dai Sau
- WK 97 | Side Step w Front Leg, Down to Tan Saus
- WK 98 | Pivot Uppercut
- WK 98 | Pivot Cut Down, back to SNT Stance

Chum Kiu Pressure Test and Power Gen - Section 3

- WK 99 | Heel Kick, Stepping Down into Double Tan Sau
- WK 99 | Stepping in CK Stance Resisted at the Body
- WK 100 | Step w Back Leg, Double Bong Sau
- WK 100 | Step w Front Leg, Double Tan Sau
- WK 102 | Step w Arm Circle/Jum Sau
- WK 102 | Palm Strikes and Pullbacks with Feet Together (No Stance)
- WK 103 | Moving the Mass Back with the Feet Together
- WK 103 | Outside Pivot CK Kick
- WK 105 | Leg Straight while Placing Down
- WK 105 | Pivot and Palm Strikes, Punches

Biu Gee Pressure Test and Power Gen



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- WK 121 | Wrist Movements
 - WK 122 | Elbow Strikes
 - WK 122 | Piercing Out with a Step (in CKStance)
 - WK 124 | Hip/Leg Circles
 - WK 124 | High Palm Strike, Side and In-Slash
 - WK 125 | Low Palm Strike, Wu Sau w a Pivot
 - WK 127 | Side Slash and Parry to Ear
 - WK 128 | Pivot and Huen Sau
 - WK 128 | Garn Sau
 - WK 130 | Ending the Garn Sau Section
 - WK 130 | Piercing movements Section
 - WK 131 | Pivot and Palm strike move
 - WK 131 | Reaching out while closing the fists
 - WK 132 | Keeping the arms straight while pivoting
 - WK 133 | Pivot and Hook Punch
 - WK 134 | Flexion and Extension of the spine
 - WK 134 | Last movements of the form resisted at the arms

Mook Jong (Wooden Dummy) Pressure Test , Power Gen and Applications

- WK 158 | Applications and Power Generation - 1st Section (Part 1)
- WK 158 | Applications and Power Generation - 1st Section (Part 2)
- WK 159 | Applications and Power Generation - 1st Section (Part 3)
- WK 159 | Applications and Power Generation - 1st Section (Part 4)
- WK 160 | Applications and Power Generation - 2nd Section
- WK 161 | Applications and power generation - 3rd section
- WK 163 | Applications and power generation - 4th section
- WK 164 | Applications and power generation - 5th section
- WK 164 | Challenging the Dummy's step / footwork with drills
- WK 165 | Applications and power generation - 6th section
- WK 166 | CST's prescribed kicking drills on the Dummy
- WK 166 | Applications and power generation - 7th section
- WK 167 | Applications and power generation - 8th section

Chi Sau

- WK 4 | Intro to Chi Sau
- WK 4 | Sequence of single sticky hands
- WK 4 | CST Wing Chun Chi Sau Steps
- WK 7 | Forward Force Test on Single StickyHands
- WK 8 | Structural Mechanics of Single Stickyhands
- WK 11 | Running Palms/Jow Sau
- WK 12 | Signposts for Single Sticking Hands
- WK 13 | Common Mistakes in Single StickingHands
- WK 18 | Look Sau - Shapes and Positions
- WK 17 | Using Nim Tao to Perform SingleSticking Hands



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- WK 20 | Applying Elbow Force in Look Sau
 - WK 22 | Applying Circular Structures in LookSau
 - WK 25 | Applying Precision, 'Heurng' and Triangulation in Look Sau
 - WK 28 | Applying 'Joint Rotation' in Look Sau
 - WK 29 | Testing Forward 'Springy-ness' in LookSau
 - WK 31 | Look sau Shape Pressure Tests
 - WK 34 | Tan and Fook Sau Attack and Defense Exercise
 - WK 36 | Jow Sau, Changing Sides, Double Bong and Fook Exercise
 - WK 39 | Double Singles Exercise
 - WK 40 | Practicing Look Sau Exercises at Will
 - WK 53 | Lap Sau Exercise
 - WK 58 | Revision of Look Sau Pressure Tests
 - WK 59 | Revision of 3 Look Sau Exercises
 - WK 70 | Intro to Body Movement in Chi Sau
 - WK 70 | Basic Pivoting in Both Directions in Look Sau
 - WK 70 | Pivoting in Look Sau Exercises
 - WK 75 | Kwan Sau and Huen Da with Pivots
 - WK 77 | Powering Up Laup Sau with Pivots and Heurng
 - WK 80 | Stepping Back and Forth Cooperatively in Look Sau
 - WK 87 | Stepping Forward w Static and Active Look Sau Shapes
 - WK 94 | Basic Stepping to Power Chi Sau
 - WK 98 | Combining Steps and Pivots to Retain Pressure and Heurng and Sticking to the Partner
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 - WK 110 | Advanced Triangulation Tests in the Structure of Chi Sau
 - WK 116 | Light Chi Sau sparring, Applying Everything Learnt So Far to Gain Control
 - WK 145 | Managing range and connection and incorporating Chark Jong in Chi Sau

Traps

- WK 42 | Parry Trap from Low Fook Sau
- WK 44 | High Fook Sau Latching Trap
- WK 47 | Bong Sau Trap
- WK 50 | Counter - Parry Trap
- WK 54 | Counter - Fook Sau Latch Trap
- WK 56 | Counter - Bong Sau Trap
- WK 58 | Practicing All 3 Traps and Counters in Sequence

Cross Punching

- WK 11 | Cross-Punching
 - WK 18 | with Counter Pierces
 - WK 23 | Bong and Tan Sau
 - WK 29 | Biu Sau
 - WK 45 | Fook Sau and Reverse Tan Sau
 - WK 50 | Smooth Transitions Between All Moves
 - WK 56 | Adding Lap Sau
 - WK 62 | Revision of Adding Lap Sau
 - WK 69 | Continuous Punch-Latch Exercise
 - WK 134 | Adding bursts of power (through speed) in the Cross-punching exercises
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Sparring/Techniques

- WK 6 | Centerline Punch against a Guard or a Punch on Center
- WK 8 | Chit or Bong Sau against an Overhand or Cross
- WK 9 | Counter-Pierce against a Guard or a Punch on Center
- WK 13 | Chit and Garn Sau against Low Punches
- WK 15 | Punch and Parry against a Guard on Centerline
- WK 20 | 4-Corner Deflection In Sequence
- WK 37 | Partner Moving In and Out Dynamically
- WK 20 | Heel Kick against a Groin Kick
- WK 22 | Counter Punch, Latch and Punch
- WK 25 | Bong-to-Tan Rotation against a Straight Punch
- WK 28 | Heel Kick against a Spinning Back Kick
- WK 31 | Jum Sau against Low Straight Punches
- WK 32 | Basic Counters to Arm-Grabs
- WK 33 | Kick Defence with a Heel Kick to Opponent's Support Leg, followed by a 2nd Kick
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- WK 43 | Counter-Punch/Pierce against Random Straight Punches (w Correct Follow Ups)
- WK 47 | Defense to Basic Kicks, w Pivoting to Track the Partner
- WK 48 | 6 Point Deflection (Semi-Random, w Pivots)
- WK 51 | Pivot and Heel Kick against Partner Stepping into Range
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- WK 67 | Random Arms (Basics) Defense to Random Incoming Punches
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- WK 84 | Inside/Outside Pivot Heel Kick against Roundhouse Kicks
- WK 84 | Counter Punch, Pierce and Latch Techniques w Pivots
- WK 89 | Counter to Punch Latches with Bong and Tan Saus
- WK 91 | Random Arms w Wing Chun Person Moving In
- WK 92 | Step Double Pierce with Huen Sau and Double Palm, CK Latch, Parry and Strike
- WK 92 | Counter Punch & Heel Kick, Latch & High Hook Kick, Low Hook Kick (Chain Kicking)
- WK 95 | Counter Grab - Double Cut Down and Kick against a Neck Grab
- WK 98 | Counters to 2 Incoming Centerline Punches with CK Movements
- WK 99 | Defending 2 Roundhouse Kicks with the Same Leg
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- WK 139 | Wing Chun light sparring - with WC's Centerline-punches and body movement
- WK 140 | Introduction to 'Connection with Active Base' series of exercises
- WK 140 | The foundation of all 'Connection with Active Base' exercises
- WK 142 | Being able to kick with either leg within 'Connection with Active Base'
- WK 144 | Arm strikes on focus mits within 'Connection with Active Base'



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- WK 147 | Adding 'arm defenses' to focus mitt exercise 'Connection with Active Base'
 - WK 148 | Incorporating Chark Jong into 'Connection with Active Base' exercise
 - WK 151 | Adding kicks and counters to focus mitt drills in 'Connection with Active Base'
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Multiple Attackers

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Chark Jong (breaking Guard)

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- WK 76 | Chark Jong Prep Exercises
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