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# Forms

## Siu Nim Tao

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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 69 | Retaining Taigung and Seng
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* WK 83 | Developing Multi-Directional Forces
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* WK 106 | Pressure Testing for Presence of Mass in the Legs while performing CK
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* WK 110 | Full Sequence
* WK 111 | Shapes and Positions
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## Mook Yan Jong (Wooden Dummy)

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* WK 136 | Wooden Dummy Shapes and Positions - 1st section
* WK 137 | Ideas behind the dummy's movements - 1st Section
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* WK 139 | Ideas behind the Dummy's movements - 2nd Section
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* 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 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
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* 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
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**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

# 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
* 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
* 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
* WK 54 | Cut Down and Jum Sau
* WK 55 | Double Pierce, Arms Extended Up, Down and back
* WK 56 | Parry and Palm Strike (form 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 Returns 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
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* WK 105 | Pivot and Palm Strikes, Punches

## Biu Gee Pressure Test and Power Gen

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* WK 122 | Piercing Out with a Step (in CK Stance)
* 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)
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* 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 Sticky Hands
* WK 8 | Structural Mechanics of Single Sticky hands
* WK 11 | Running Palms/Jow Sau
* WK 12 | Signposts for Single Sticking Hands
* WK 13 | Common Mistakes in Single Sticking Hands
* WK 18 | Look Sau - Shapes and Positions
* WK 17 | Using Nim Tao to Perform Single Sticking Hands
* WK 20 | Applying Elbow Force in Look Sau
* WK 22 | Applying Circular Structures in Look Sau
* 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 Look Sau
* 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
* WK 106 | Look Sau Shapes Practiced Without a Partner (Solo Look Sau)
* 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

# 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
* WK 36 | Counter-Pierce, Garn Sau and Punch
* WK 37 | Heel Kicks against the 3 Major Kicks
* WK 42 | 6 Point Deflection (Semi-Random)
* 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
* WK 61 | Revision of Counter-Pierce, Garn Sau and Punch
* WK 61 | Revision of 6 Point Deflection (Semi Random)
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* WK 67 | Random Arms (Basics) Defense to Random Incoming Punches
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* WK 73 | Counter Grab - Elbow Over
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* 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
* WK 102 | Takedown Counter - Tackles
	+ WK 106 | Random Legs (Defense to Random Incoming Kicks)
	+ WK 114 | Counter Punch and Heel Kick, Step Back and Pivot w Latch and Strike
	+ WK 119 | Sparring - Defense Against Random Arms and Legs
	+ 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’
	+ 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’
	+ WK 154 | Adding counter-grappling to the ‘Connection with Active Base’ exercise
	+ WK 156 | Combining it all together for the ‘Connection with Active Base’ exercise

 **Multiple Attackers**

* WK 119 | Intro to Multiple Attackers
* WK 165 | Multiple Attackers with partners using realistic footwork and attacks

# Chark Jong (breaking Guard)

* + WK 62 | Revision of Chark Jong (Guard Break) Techniques
	+ WK 76 | Chark Jong Prep Exercises
	+ WK 78 | Bridging the Gap - Heel Kick, Step, Punch and Parry
	+ WK 81 | Step and Pivot into Static Guards
	+ WK 86 | Dynamic Wedge Exercise
	+ WK 88 | Bridging the Gap - Punch Latches and Hook Kick
	+ WK 92 | Step and Punch against a Guard Entering from both Inner and Outer Gates
	+ WK 105 | Stepping in at an Angle to Break Guard (w Correct Follow Ups)
	+ WK 120 | Against Random and Dynamic Guards
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# Training Tips

* + WK 2 | Calm and Balanced State of Mind
	+ WK 4 | Finding a Training Partner
	+ WK 6 | Optimally Utilising the Curriculum
	+ WK 8 | Developing a Habit
	+ WK 11 | Don't think. Feel!
	+ WK 13 | Work on One Concept at a Time
	+ WK 16 | The Health Benefits of this Method of Wing Chun
	+ WK 21 | Setting Training Goals
	+ WK 23 | Breathing and its Relationship to Your Practice
	+ WK 26 | Correct Mental Effort for Practice
	+ WK 28 | Staying Motivated for Practice
	+ WK 32 | Lifestyle habits beneficial for this practice - PART 1
	+ WK 32 | Lifestyle habits beneficial for this practice - PART 2
	+ WK 34 | Transmuting Negative Thoughts
	+ WK 39 | Self honesty within your practice
	+ WK 42 | Conditioning the body
	+ WK 43 | Using 'Subtraction' Rather than 'Addition' as a Philosophy of Practice
	+ WK 45 | Utilizing the Program efficiently - Becoming your own Master (Part 1)
	+ WK 109 | Becoming your own Master (Part 2)
	+ WK 50 | Mastering the Ego and Retaining the 'Beginner's Mind'
	+ WK 53 | Reminder about 'Holistic' & 'Effortlessness' in SNT
* 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)

# Teaching Moments

* + WK 14 | Seng & Placing (and Activating the Upper Back) - PART 1
	+ WK 14 | Seng & Placing (and Activating the Upper Back) - PART 2
	+ WK 19 | Discussing Taigung, Seng and Openness of Joints
	+ WK 19 | Q & A with Nima King, March 2019
	+ WK 24 | Retaining openness in the body, regardless of the activity
	+ WK 24 | Discussing Seng, Structure and Biomechanics
	+ WK 30 | Moving the body from the Center
	+ WK 30 | Being light and bypassing the contact point
	+ WK 35 | Nima’s Chisau seminar Sydney 2018 - PART 1
	+ WK 35 | Nima’s Chisau seminar Sydney 2018 - PART 2
	+ WK 41 | Nima’s Chisau seminar Sydney 2018 - PART 3
	+ WK 41 | Nima’s Chisau seminar Sydney 2018 - PART 4
	+ WK 46 | Nima’s Chisau seminar Sydney 2018 - PART 5
	+ WK 46 | Nima’s Chisau seminar Sydney 2018 - PART 6
	+ WK 52 | Ideas of Rotation, Flow, Placing and Correct Shapes - Part 1
	+ WK 52 | Ideas of Rotation, Flow, Placing and Correct Shapes - Part 2
	+ WK 57 | Ideas of Rotation, Flow, Placing and Correct Shapes - Part 3
	+ WK 57 | Applying the Stance - with Sifu Des (2017)
	+ WK 63 | Correct Practice and SNT Power Generation - with Sifu Des (2017)
	+ WK 63 | ‘Accepting’ Incoming Force, ‘Shaping’ Our Mass - with Sifu Des (2017)
	+ WK 68 | Chisau, Activating the Lower Half & Not Resisting at the Contact Point
	+ WK 68 | Munich Seminar 2019 (1)
	+ WK 74 | Munich Seminar 2019 (2)
	+ WK 74 | Munich Seminar 2019 (3)
	+ WK 79 | Munich Seminar 2019 (4) - Bong Sau
	+ WK 79 | Munich Seminar 2019 (5)
	+ WK 85 | Munich Seminar 2019 (6)
	+ WK 85 | Triangulation while Pivoting
	+ WK 90 | ’Placing’ with the Legs (1)
	+ WK 90 | ’Placing’ with the Legs (2)
	+ WK 96 | Striking workshop, Sydney 2020 - Part 1
	+ WK 96 | Striking workshop, Sydney 2020 - Part 2
	+ WK 101 | Striking workshop, Sydney 2020 - Part 3
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	+ WK 107 | Centerline, Heurng and active shapes with Richard (1)
	+ WK 107 | Centerline, Heurng and active shapes with Richard (2)
	+ WK 112 | Introduction to Self Defense Workshop 2020 - Part 1
	+ WK 112 | Introduction to Self Defense Workshop 2020 - Part 2
	+ WK 118 | Introduction to Self Defense Workshop 2020 - Part 3
	+ WK 123 | Introduction to Self Defense Workshop 2020 - Part 4
	+ WK 129 | Introduction to Self Defense Workshop 2020 - Part 5
	+ WK 129 | Chum Kiu & Chisau with KL
	+ WK 135 | More details on Placing and Heurng in application (1)
	+ WK 135 | More details on Placing and Heurng in application (2)
	+ WK 141 | Chum Kiu's 1st section discussed
	+ WK 141 | Chum Kiu's 2nd & 3rd sections discussed
	+ WK 141 | Nima and Lawrence light chisau practice
	+ WK 146 | Chum Kiu detailed with advanced student (1)
	+ WK 146 | Chum Kiu detailed with advanced student (2)
	+ WK 152 | Wooden Dummy lesson - part 1
	+ WK 152 | Wooden Dummy lesson - part 2
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	+ WK 157 | Wooden Dummy lesson - part 4
	+ WK 157 | Wooden Dummy lesson - part 5
	+ WK 163 | Foundations of random arms and Chisau sparring
	+ WK 168 | Guiding Tom and Lawrence in ‘dynamic Chisau’
	+ WK 169 | Biu Gee and Chi Sau lesson (with Shaman)- Part 1
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	+ WK 171 | The ‘State’ is feeling and mobilizing your mass...
	+ WK 171 | Chum Kiu latch used dynamically
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	+ WK 177 | Chisau and it’s traps - Part 1
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	+ WK 184 | Teaching Moments - Chum Kiu with online student, Jordan - Part 2
	+ WK 185 | Teaching Moments - Chum Kiu with online student, Jordan - Part 3
	+ WK 186 | Teaching Moments - Chum Kiu with online student, Jordan - Part 4
	+ WK 187 | Teaching Moments - Chum Kiu with online student, Jordan - Part 5
	+ WK 188 | Teaching Moments - Chum Kiu with online student, Jordan - Part 6
	+ WK 189 | Teaching Moments - Heurng and “outlets to flow through” - Part 1
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	+ WK 191 | From basic to dynamic kicking practices - Part 1
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	+ WK 219 | Biu Gee lessons with Lawrence- 2016- Part 1
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# CST Footage

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* WK 104 | Creating Multi-Vector Force with Triangulation and Mass Mobilization
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## WK 168 | Different levels of the art and continuing the research and practice

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## WK 170 | More On Multi-Directional Force Application - Part 2

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## WK 172 | SNT movements - Chit Sau- Part 1

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## WK 177 | SNT movements - Bong to Tan - Part 1

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## WK 180 | Dummy movements – Latches

## WK 181 | SNT movements - Tan Sau

## WK 182 | SNT movements - Cut-downs - Part 1

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## WK 190 | 2-weeks with CST in Australia - Part 5

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## WK 225 | CST’s seminar with Wong Shun Leung students- part 4

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