

<b>VING TSUN Program/Curriculum Overview</b>				
<b>Beginner (No Sash)</b>				
	<b>Training Movements</b>		<b>Leg Movements</b>	
		Straight Punch		Front Kick
		Jong Sau		Side Shifting
		Pak Sau		Front Engaging
		Lap Sau		
		Pak Da		
		Lap Da		
	<b>Barehand Routines</b>			
		Siu Lim Tao (Little Idea)		
<b>Level 2 (Red Sash)</b>				
	<b>Training Movements</b>		<b>Leg Movements</b>	
		Bong Sau		Front Kick
		Tan Sau		Side Shifting
		Tan Da		Front Engaging
		Bong Lap Da		Side Kick
		Gan Da		
		Dan Chee Sau (Single Sticky Hands)		
		With Shifting and Engaging		
	<b>Barehand Routines</b>			
		Chum Kiu (Searching the Bridge)		
<b>Level 3 (Green Sash)</b>				
	<b>Training Movements</b>		<b>Leg Movements</b>	
		Kwun Sau		Front Kick
		Gum Sau		Side Shifting
		Gum Da		Front Engaging
		My San Jong		Side Kick
		Chi Sau (Sticky Hands)	<b>Knowledge</b>	
		With Shifting and Engaging		Basic Knowledge of System Theories, Principles, Idioms
	<b>Barehand Routines</b>			
		Bui Chee (Thrusting Fingers)		
<b>Level 4 (Blue Sash)</b>				
	<b>Barehand Routines</b>		<b>Knowledge</b>	
		Mook Jong (Wooden Dummy)		Intermediate Knowledge of System Theories, Principles, Idioms, History
<b>Level 5 (Black Sash)</b>				
	<b>Advanced Knowledge</b>			
		Advanced Knowledge of System		
		Theories, Principles, Idioms, History		