

Subject Outline: WCK101FA

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WING CHUN KUNG FU INTRODUCTION

This subject introduces students to the Wing Chun Kung Fu system that is very popular in China and throughout the world. In the twelve sessions of instruction, students learn the history, principle and theory of Wing Chun Kung Fu and its application in self-defence.

Credit Status

Non-credit

Learning Outcomes

Upon successful completion of this subject the student will be able to:

1. Demonstrate an understanding of the human body and its power from a health perspective.
2. Review the principle and theory of the Wing Chun Kung Fu System such as "Wushu" and "WuDu".
3. Examine the Siu Lim Tau and other movements.
4. Demonstrate training and application in the Wing Chun System.

Cheating and Plagiarism

Each student should be aware of the College's policy regarding Cheating and Plagiarism. Seneca's [Academic Policy](#) will be strictly enforced.

To support academic honesty at Seneca College, all work submitted by students may be reviewed for authenticity and originality, utilizing software tools and third party services.

Please visit the Academic Honesty site on <http://library.senecacollege.ca> for further information regarding cheating and plagiarism policies and procedures.

Discrimination/Harassment

All students and employees have the right to study and work in an environment that is free from discrimination and/or harassment. Language or activities that defeat this objective violate the College Policy on Discrimination/Harassment and shall not be tolerated. Information and assistance are available from the Resolution, Equity and Diversity Centre at ext. 2078 or via email at resolution@senecac.on.ca.

Accommodation for Students with Disabilities

The College will provide reasonable accommodation to students with disabilities in order to promote academic success. If you require accommodation, contact the Counselling and Disabilities Services Office at ext. 2900 to initiate the process for documenting, assessing and implementing your individual accommodation needs.

Subject Outline Information specific to your school

There is no School specific information found for this subject at this present time.

WING CHUN FOUNDATION CURRICULUM

Course Description:

This course is to introduce Wingchun KungFu System to the Educational Community, such as high schools, colleges, and universities. Wingchun KungFu System is very popular in China and throughout the world. Wingchun was developed by a Chinese lady Yim Wingchun in the late Ching Dynasty. Sifu Nelson Chan, founder of Christian Wushu Fellowship (CWF) learnt this system since 1968 in Hongkong under Master Moy Yat, who had learnt Wingchun from Grandmaster Yip Man, together with Bruce Lee, the movie star.

Sifu Nelson Chan designed this course to introduce the basic form Siu Lim Tau, basic practice of the Sticky hand training, few theories and principle in application.

At the end of this course, we expect student will understand the “Straight line” principle, and “Sticky Hand” training.

The outline of this course starts with

- First section: “understanding human body and power” from the health perspective.
- Second section will cover the principle and theory of Wingchun Kungfu System, such as “Wushu” & “WuTe”.
- Third section introduces the movements.
- The forth section introduce the training and application in Wingchun system.

Sifu Nelson Chan