

Seneca College

Wing Chun Kung Fu - WCK101

Saturday, Jan 26–Apr 19, 2008 @ 8:45am–10:00am

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-defense.

Credit Status

Non-credit

Learning Outcomes

Upon successful completion of this subject the student will be understand the following areas:

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 "Wu Shu" and "Wu Du".
3. Examine the Siu Lim Tau and other movements for power and footwork.
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.

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Course Description

This course is to introduce Wingchun KungFu System to the Educational Community, such as high schools, colleges, and universities. Wingchun was developed by a Chinese lady Yim Wingchun in the late [Qing Dynasty](#). Sifu Nelson Chan, founder of Christian Wushu Fellowship (CWF) learnt this system since 1968 in Hongkong under Master Moy Yat. Wingchun Grandmaster Yip Man had taught Bruce Lee, the movie star, and Sifu Moy Yat in the fifties in Hong Kong. Sifu Nelson Chan designed this course to introduce the Wing Chun knowledge in basic form Siu Lim Tau; basic practice of the Sticky hand technique; the Straight-line theory of Wingchun. The teaching material is from the School of Learning of Christian Wushu Fellowship in Wing Chun Division. Students will have a good concept of what is Chinese Martial Arts, What is self-defense in Wingchun. Students encouraged learning more about School of Performance at www.wingchun.ca .

Contact info

Email: sifuchan@msn.com or info@wingchun.ca

Website: www.wingchun.ca/wck101/

This file can be downloaded from:

<http://www.wingchun.ca/wck101/SenecaCollege.WCK101.pdf>

Seneca College website:

<https://www.senecac.on.ca/parttime/calendar/Leisure.pdf>

https://www.senecac.on.ca/parttime/newsletter/2007_v17_3.html

Seneca College

Wing Chun Kung Fu - WCK101

Saturday, Jan 26–Apr 19, 2008 @ 9:00am–10:15am

2008	Date	Description
Week 1	Jan 26	Session 1 Lecture Program Partner drill Introduction and History of Wing Chun Loose up exercise drill Basic punch (right & left hands)
Week 2	Feb 2	Session 2 Lecture Program Partner drill Siu Lim Tao # 1 lower sun word punch get away from gripes
Week 3	Feb 9	Session 3 Lecture Program Partner drill Siu Lim Tao # 1 Pak Sau (sticky hand) Applications and every three movements
Week 4	Feb 16	Session 4 Lecture Program Partner drill Siu Lim Tao # 2 Chain Punch Pak Sau for Chain punch
Week 5	Feb 23	Session 5 Lecture Program Partner drill Siu Lim Tao # 2 Forward movements (one step one punch) Pak Sau for forward chain punch
Week 6	Mar 1	Session 6 Lecture Program Partner drill Siu Lim Tao # 3 Single Sticky hand #1 Overall review mid-term
Week 7	Mar 8	Session 7 Lecture Program Partner drill Siu Lim Tao # 3 Single Sticky hand #2 Overall review of Siu Lim Tao #1
Week 8	Mar 15	Session 8 Lecture Program Partner drill Siu Lim Tao Forward movements (one step two punch) Overall review of Siu Lim Tao #2
Week 9	Mar 22	Session 9 Lecture Program Partner drill Siu Lim Tao Forward movements (one step three punch) Overall review of Siu Lim Tao #3
Week 10	Mar 29	Session 10 Lecture Program Partner drill Siu Lim Tao Double Sticky hand #1 Overall review of Pak Sau
Week 11	Apr 5	Session 11 Lecture Program Partner drill Siu Lim Tao Exam Double Sticky hand #2 Overall review of Footwork
Week 12	Apr 12	Session 12 Lecture Program Partner drill Siu Lim Tao Report Card Double Sticky hand #3 Overall review of Chi Sau (sticky hand)
Week 13	Apr 19	Session 13 Conclusion & Review

Student is encouraged to stick with the course materials, additional information may include in the course if time permits. Shifu Chan has to make the decision accordingly.

Wing Chun Kung Fu

詠春拳

New Course:

WCK101

January 26 – April 19, 2008

Taught by Shifu Nelson Chan
sifuchan@msn.com

from www.wingchun.ca

Personal Profile: Master Chan is from the line of Sifu Moy Yat, and SiGong Yip Man, who is the teacher of Bruce Lee. Master Chan has taught Wingchun in Canada since 1972. He is the Vice President of the Canadian Chinese Kuo Shu (Martial Arts) Federation.

For more details of the course, just search for WCK101 on the <http://www.senecac.on.ca/cms/>

Please contact the admission office of Seneca College.
Admissions – General - 416.491.5050 ext. 2800