

Hello Wing Tsun Friends!

Wing Tsun is all about the art of adaptation - and nothing has forced us to adapt more than with the current global pandemic. As soon as we went into lockdown here in NYC, we immediately began streaming our regular schedule of classes online to our students with great success.

Our objective is to take this time of social distancing to improve the fundamentals and theoretical understanding of Wing Tsun students without a partner.

In this way when we get back to regular training, our students will be armed with cleaner fundamentals and a deeper understanding of Wing Tsun. In other words, we have turned this situation into an opportunity!





Tailored for Students & Instructors of All Levels

Whether you are brand new to Wing Tsun or you are already teaching, the CWTAA Online Academy has a program for you. New students can join the WT-Prep program and learn fundamentals step by step. Experienced instructors can learn how to organize classes better, improve sparring and Chi Sau, or just get deeper knowledge to pass on to their students.

In either case, our goal is that when we get back to regular training you will be better than you were before the pandemic! - Sifu Alex Richter



"This is a question I get all the time! I did not believe that Wing Tsun could be taught online effectively until I started doing it to help my instructors who had opened branches elsewhere. After the pandemic hit, we were one of the first Wing Tsun schools to teach a full schedule on Zoom and the results were better than we expected. Sure, we can't "do Chi Sau" or "spar" through online training, but we can work on so many vital fundamentals and technical programs. With an enhanced understanding of fundamentals, theory, and the WT program, students and instructors will be better prepared when they do go back to training. (Plus, we have a few tricks up our sleeves in terms of how to facilitate reaction and Chi Sau training through these classes.) The CWTAA Online Academy LIVE classes blend solo fundamentals training with an interactive experience with the instructor. Additionally, there is thorough review and detailed-instruction on all topics from forms, fundamentals, self-defense, fighting, theory and more."

- Sifu Alex Richter



It's All About You at CWTAA Online

Go to the next page & find out your level for training!





WT PREP

Never did Wing Tsun (WT) before? Then begin here with the eight fundamental lessons necessary to get started! Form, basics, self-defense, footwork, kicks, and much more are covered!

WT MASTERY

With a solid understanding of Foundations we can build towards Mastery. This program covers **SL9-3rd Level Technician**

WT FOUNDATIONS

This is for students who have done some WT training. Foundational training is the most vital to success and the cornerstone of Wing Tsun! This program covers the WT program for **Student Level 1-8 (101 & 201)**.

WT LEADERSHIP

For Wing Tsun instructors or those who wish to become Wing Tsun instructors.

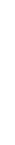
Minimum level: 1st Level Technician.

Concepts1. Straight Vs. Curved Lines

Send Your Hands Forward

Wing Tsun is Not "Straight Line Only"

High Taan Sau w/Punch









NA	ME:				PRIM	MARY B	RANCH:		SI-FU
- 2	LESSONS	1-4			LESS	SONS 5-	-8	0.80	MAKING UP LESSONS
1	Single Wrist Grab Footwork Progression Wedge Taan Da	ork Progression REVIEWED		5	SD 1 Footwork Progre Tackle Defense Ft Kick w/Part.	ession	REVIEWED		Regular attendance is extremely important to develop the many benefits of Wing Tsun training. It is recommended that you go to one A day (Mon/Tue) and
2	Double Wrist Grab Footwork Progression Paak Da w/Follow-Up Gaan Da	REV	REVIEWED		SD 2 Footwork Progression Headlock Defense Universal Solution		REVIEWED		one B day (Wed/Thu) lesson per week to stay up-to-date with the curriculum. Progress is greatly accelerated if you attend more than two classes per weeks.
3	Chain-Punch Stopper Footwork Progression Laap Da w/Follow-Ups Paak Da	REV	REVIEWED		SD 3 Footwork Progression Sit-Fall & Get-Up Tracking		REVIEWED		You can make up missed classes in the following ways: • Recap Class (covers two Preplessons worth in one class)
4	Pulls Footwork Progression Gaan Da w/Follow-Up Taan/Gaan w/Turn	-Ups REVIEWED		8	Shove Defense Footwork Progre Roundhouse Kick Passive Turning	k Def.	REVIE	WED	 Monthly Review Class (make up lessons missed on this card) Private Lessons Sign up at front desk
TT		LASS 1	TTP CLA	SS 2	TTP CLASS 3	SL1	PASS	INSTR	UCTOR SIGNATURE

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WT-PREP

The best place to start! The CWTAA Prep Program teaches eight fundamental lessons which prepare the student for serious Wing Tsun training. The Prep Program covers self-defense, the warm-up, the first form, practical training, theory, and a workout in each class. Like all other classes, you will receive a curriculum card which will record the classes as you do them.



Foundations 101 (SL1-3)

The 101 portion of the Foundations class covers the basic Siu Nim Tau level curriculum. There are 24 individual class lessons with systematized review built in. The 24 lessons cover the first form, its basic applications in fighting, self-defense, single-arm Chi Sau (Daan Chi) and other fundamentals necessary for learning Wing Tsun well.

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CHNICIAN TRAINING PROGRAM

NA	ME:					PRIMARY BE	ANCH:		SI-FU	
		MONTH 1 active Defense & Cross Interfere PARRING CYCLE: Punch Defen		S	MONTH 2 Round Attacks & Pur PARRING CYCLE: Kie				MONTH 3 ight Attacks & Mag. Zone/Track PARRING CYCLE: Close Range	
1	A	Laap Sau Da Timing 1 Sparring Add-Ons	5	A	7. Swing Defense – Ta + Sparring Add-Ons	an Da	9	A	13. Universal Solution + Sparring Add-Ons	
	В	Paak Sau Da Timing 1 Sparring Add-Ons		В	Wedge Drill/Magn. Sparring Add-Ons	Zone		В	14. Side Palm + Sparring Add-Ons	
2	A	Laap and Paak Mixed C.P. Blocking Drill	6	A	9. Wedge Drill Shadow Chasing Drill		10	A	15. Side Palm Magnetic Zone Drills	
	В	Self Defense 1/2 C.P. Blocking Drill		В	10. Swing Def. Drill (F Shadow-Chasing Drill	t/L)		В	16. Universal Solution Magnetic Zone Drills	
3	A	5. Daan Chi Pressure Drills	7	A	11. Daan Chi Turning Drills		11	A	17. Daan Chi Tracking Drills	
	В	6. Daan Chi Pressure Drills		В	12. Daan Chi Turning Drills			В	18. Daan Chi Tracking Drills	
4	A	Review	8	A	Review		12	A	Review	
	В	Review		В	Review			В	Review	

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TECHNICIAN TRAINING PROGRAM FOUNDATIONS WT-101 (SL1-3)

	12.000000000000000000000000000000000000			PROGRAM	REVIEW - 2 CATEGOR	HES PASSED PER STU	DENT LEVEL
	DUPLICAT	E CLASSES	1000000	M TAU FORM REVIEW	TIMING 1: LAAP & PAAK SKILLS	DAAN CHI SAU SKILLS	FUNDAMENTAL SKILLS CHECK
			1	2	Laap Da w/Arrow Step	Standard Daan Chi	Magnetic Zone/Track.
+			3	4	Paak Da w/Arrow Step	Diagonal Taan Da	Swing Defense
$^{+}$			\$	6	Laap & Paak Mixed	Daan Chi Variations	Wedge Drill
$^{+}$			7	8	Self Def. 1/2/3 Mixed	Pressure Exercise	Shadow Chasing
+			SNT PA	ASS	TIMING 1 PASS	DAAN CHI PASS	FUND. SKILLS PASS
OTES	S:			SPEC	CIAL CLASSES & SEMIN	ARS	STUDENT RECORDS
							SL1
							SL2
DINE	TTP DATE:						SL3





Foundations 201 (SL5-9)

The Foundations Class also covers intermediate level students who are learning double-arm Chi Sau & Chum Kiu level skills. In addition to Chi Sau Program 1 training, students at this level will continue to refine practical fighting training, fundamentals, and self-defense.

-				T					T				_
NA	ME:			PRI	MAH	YBRANC	H:		SI-I	·U			
M). 1:	CYCLE 1 & 2/ELBOWS/PU	NCH DEF.		MO.	2: CYCLE	3 & 4/KICK DEFE	NSE		MO	. 3: CYCLE 5 & 6	CLOSE RANG	E
1	A	1. 1st Att. Launch/Rebound GSD 1.1; Elbows in Sparring	,	5	A		an Da Attack; GSD v. Round Kick		9	A	13. Out. Paak At 4.1; Knee Strike		_
	В	2. 3 Jat Sau (Cycle); GSD 1. Elbows in Sparring	2		В		Paak Da; GSD 2.1; ne v/Round Kick			В	14. Low Attack; Knee Strikes in S		
2	A	3. 3 Jat Sau (Cycle); GSD 1. Punch Def./Elbow FollUp		6	A		au v. I. Paak; GSD & Pass v/R. Kick		10	A	15. Gaan Da v/L GSD 5.1; Sweep		_
	В	4. Jam/Taan Def.; GSD 1.4, 1.5; H/L Punch Def./Obs.			В		Wu v/Taan Da; Chasing as Kick Prev.			В	16. Rebounding 6.2; Sweep Set-U		
3	A	5. Bong/Wu/Turn v/Paak I Cycle 1; Swing Def & Spar.	Da .	7	A		3 w/Bong Test; Straight Kick Def.	A1	11	A	17. Cycle 6; GSI Defense in Sparr		_
	В	6. Cycle 1 & 2 Complete; Swing & Spin Att. + Elbows			В		4 w/Taan Test; Pass & Pass v. S. Kick			В	18. Cycle 5; GSI Elbow/Knees/S		
4	A	Review Practical, Basics		8	A	Review Pr	actical, Basics		12	A	Review Practical	, Basics	П
	В	Review Chi Sau, Basics			В	Review C	hi Sau, Basics			В	Review Chi Sau,	Basics	
		PROGRAM REVIEW	V - SIX ITEM	SCH	ECK	ED TO AD	VANCE ONE STUI	ENT	EVEL -	DAT	E & SIFU SIGNA	TURE	
SN'	1 1/2	CK 2/2	Cycle 2		Су	cle 5	SD1	SI)4		Knees	I.I.C.S.	
	Γ2/2	CSF	Cycle 3			cle 6	SD2	SI			Anti-T.	Ftwork	Ξ
CK	1/2	Cycle 1	Cycle 4		Cy	cle 7	SD3	E	bows		Kick D	W-Bag	

MO.	4: C	YCLE 7/SD 1	/ ELBO	WS/PU	ICH DEF.			MO. 5: S	SD 2&3/F	ICK DEF.			MO.	6: SD	4&5/AN	TI-TAKE-D	OWN
13	A	19. Punch o 7.1; Elbow				17	A		n v/Paak I ks vs. Kick	AND THE PERSON AND THE PERSON NAMED IN	\mathbb{H}	21	A		wan Sau v D 4.1; Leg	/Paak Da; Hook	H
	В	20. Bong/\(\) GSSD 1.1;					В		v/Paak D twork vs. l				В		wan Sau F D 5.1; Leg		
14	A	21. Skill Dr Punch Def.				18	A		l Drill 3; G rk vs. Kick			22	A			Faak Sau; ad Position	
	В	22. Should 7.2; H/L P					В	28. Skill Kicks Vs	Drill 2; G: s. Kicks	SSD 2.2;			В			n Sau; GSSD Progression	Н
15	A	23. Cycle 7 Def & Spin				19	A		nch/Lat S ık & Varia	au Attacks; tions	\blacksquare	23	A		kill Drill 4 inded v/St	l; GSD 2.1; tanding	Н
	В	24. Skill Di Swing & Sp					В		nch/Lat Sa ık & Varia	u Attacks; tions			В		kill Drill 5 inded v/St	5; GSSD 5.3; tanding	Н
16	Α	Review Pra	ctical, Ba	sics		20	A	Review	Practical, I	Basics		24	A	Revi	ew Practica	al, Basics	\Box
	В	Review Ch	i Sau, Bas	ics			В	Review	Chi Sau, B	asics			В	Revi	ew Chi Sau	u, Basics	
		DUPLIC	CATE CI	ASSES			-	S	PECIAL O	CLASSES & SE	MINAR	S			STUD	ENT LEVEL	9 EXA
															SL9 Exa	am Part 1	
															SL 9 Ex	am Part 2	
	$^{+}$		-	- 1		_		- 1			1				Final Pa	ass SL 9	

MASTERY 301 (SL10-1st Technician)

Once students have passed Foundations at SL9, they have earned the right to wear a black shirt in the CWTAA. At this point the student is part of what we call Mastery, which is the advanced portion of the Wing Tsun curriculum. Here students will continue to expand their practical fighting abilities, learn advanced Chi Sau, and prepare for the next big test - the Primary Level Technician.



TECHNICIAN TRAINING PROGRAM WT-301 (SL10-PRIMARY LEVEL TECH.)

NAME:			PRIMAR	YBRANCH:			SI-FU					
Chum Kiu Var. Side Kick Foo	k Sau	Skill Drill 6	Skill Drill 7	Woode	n Dummy	G.S.	K.S.	K.P.	Basic 5			
1: LOCKS & POSITIONAL CONTR	OLS	4: PARALLEL 1	RALLEL 1 & CLOSE-RANGE SPARRING 7: ADV. LA					AP FAAK & INTERVAL SPARRING				
1. 1# Lock/Def., Gift Wrap		13. Par. 11st 1/3,	WD G.S., C.R.S.	G.S., C.R.S. 25. Man Sau v/H. Faak S., Sparring					T			
2. 2 nd Lock/Def., In. Wrap	n. Wrap 14. Par. 11st 2/3 WD K.S.				26. Man Sau Def.; Sparring							
3. 3 rd Lock/Def., Gaan/Jat		15. Par. 11st 3/3	WD K.P, C.R.S.		27. Ind.	L.F./Lau	Bok; Span	ring				
4. Review: CS2 Locks G.S. 16. Review: CS2, WD B.					28. Review: CS2, Sparring							
2: ROLLER-COASTER & KICK DEF	ENSE	5: DING JAAN	G & ANTI-TAKEDO	WN	8: INDC	OR ATT	ACKS&	LAT SAU/	GWO SAU			
5. Roller Coaster (B), Fr. K.D.		17. Ding Jaang 1	*/2nd, A.T.D.		29. Ind. 5	Side Palm	Punch, L.	S./G.S.	T			
6. Roller Coaster (F), Rd. K.D.		18. Ding Jaang 3	d Def., A.T.D.		30. Indo	or Paak Fa	k, L.S./G.	S.				
7. Roller C. App., Spin K.D.		19. Twist Flower	H./Def., A.T.D.		31. Revie	w: Ind. A	ttacks, L.S	./G.S.				
8. Review: CS2, All Kick Def.		20. Review: CS2	A.T.D.		32. Revie	w: CS2, I	at Sau/G	wo Sau				
3: HIGH/LOW JAT SAU & PUNCH	DEFENSE	6: UNDERHAN	D SKILLS & LEG TE	LLS & LEG TECH. 9: PARALLE			EL 2 & 5-RANGE SPARRING					
9. High/Low Jat (B), Punch D.		21. Stealing/Laa	n S., F. Chi Geuk		33. D. Ju	t Vs. D. Ja	t/D. Taan	, 5 R.S.				
10. High/Low Jat (Crash), P.D.		22. Laap B-Fist I	Def., B.T. v/Knee		34. D. Pa	lm/Taan,	/L. Palm,	5 R.S.				
11. High/Low Jat (Cycle), P.D.		23. Full U-Hand	Leg D. v/Kick		35. Clam	p & Tok/	Gum/Tai	, 5 R.S.				
12. Review: CS2 & Punch Def.		24. Review: CS2	& Leg Def. Spar.		36. Revie	w: CS2, 5	-Range St	arring				



TECHNICIAN TRAINING PROGRAM WT-301 (SL10-PRIMARY LEVEL TECH.)

		ADDITIONAL TRAINING &	RECORDS		
	DUPLICATE CL	ASSES		SPECIAL	CLASSES & SEMINARS
	 		 		_
-	+ + +	1 1	 		
_	+ + +				
			-		
PROGRA	AM REVIEW – SIX CHECKS PER	STUDENT LEVEL PASS		STUDE	NT RECORDS
u Nim Tau	Chum Kiu	S.L. SNT	SL1	SL7	Leadership
Solid 7	P.S. Flow	P.S. 8	SL2	SL8	Projected PL Test
1st Attack	WD GS	WD KS	SL3	SL9	PRIMARY TL TEST
WD KP	WD Flow	Skill D. 6	SL4	SL10	1st Part Pass
C.S. Locks	I.L. Chi Sau	Skill D. 7	SL5	SL11	2 nd Part Pass
S. Faak Sau	I.L. Sparring	I.L. Lat Sau	SL6	SL12	3rd & Final Pass





MASTERY ADVANCED (1st-2nd Level Technician)

Mastery Advanced teaches the third form of Wing Tsun, the Biu Tze. In this portion of the curriculum students will learn the Biu Tze, as well as its Chi Sau and fighting applications. In addition to this, all previously learned skills will be upgraded and improved upon. Students will also learn the first half of the Wooden Dummy form upon completion of the Biu Tze program.



ADVANCED TECHNICIAN TRAINING PROGRAM Primary Level Technician – 2nd Level Technician

NAME:					PF	IMARY BI	RANCH	l:	SI-FU				
Biu Tze F.	1/3	2/3	3/3	Lin Wan BTS	Ar	m Fold Dr	ill	WD Upon	Comp. BT1-4	1	3	4	
MONTH 1:	BIU TZE CS	1 & POS. CO	NTROLS	MONTH 4: BIU TZ	MONTH 7:	MONTH 7: LONG BRIDGE POWER & SPARRIN							
1. 1st BT Atta	ck, Gold. Co	mbo		13. 3rd BT Late Def.,	Dong Fa	ak		25. Yo-Yo See	quence & Short	Force			
2. Cover Elbe	ow & Follow	-Ups		14. Inside Hook Cyc	side Hook Cycle, BTCS4 A 26. Clinch w/Yo-Yo, BT								
3. Hacking Elbow & Counter 15. BTCS4 B Neck								27. Long Bridge Strikes, BT Remix					
4. BTCS1 Sec	16. BTCS4 A/B Seq. 8	& Test P	rep		28. Yo-Yo, R	eview & Test Pr	ер						
MONTH 2:	BIU TZE CS	2 & KICK D	EFENSE	MONTH 5: BIU TZE	APP. & A	NTI-TAK	EDOW	N MONTH 8:	PRACT. APP. &	LAT SA	J/GW0	SAU	
5. 2nd BT Att	ack, Trap. C	omb.		17. BT Vs. Different	Punches			29. Inside/O	utside Hook in C	i.S.			
6. Paak Chaa	n & Counte	rs		18. BT Kick Defense	:			30. BTCS in C	Gwo Sau, WD 3-4	1			
7. Low Spad	e & Counter	's		19. BT Swing & Hoo	k Defens	31. Elbow &	31. Elbow & Knee Def., WD 3-4						
8. BTCS2 Se	q. & Test Pr	ep		20. BT L.S. Attacks &	Test Pr	ер		32. Elbow/K	nee Rev. & Test	Prep			
MONTH 3	: BIU TZE C	S 3 & PUNC	H DEF.	MONTH 6: CSUP	PGRADE:	S & LEG T	ECH.	MONTH 9:	MONTH 9: SPEC. METHODS & 5-RANGE SPAR				
9. 3rd BT Att	ack & Count	ers		21. P.S. Press. Attack	ks, WD1	-2		33. Whip Dr	ills Biu, BTCS 1	Drill			
10. Biu Tze V	s. Biu Tze			22. Parallel 1/2 Upg	g., WD1-2	2		34. Whip Dr	ills Taan, BTCS	2 Drill			
11. Lock Thr	ow & Count	er		23. Kwun Sau Killer:	s, WD1-	2		35. Whip Dr	ills Paak, BTCS 3	3 Drill			
12. BTCS3 S	eq. & Test P	rep		24. Upgrades Rev. & Test Prep			36. 5-Range	36. 5-Range Review & Test Prep					
Sparring Cla	sses				2	nd TL Pt 1			2nd TL. Final	Pass			
Tech. Test P	ech. Test Prep Class					2nd TL Pt 2 Leadership Q					AT/	[/Inst	



VANCED TECHNICIAN TRAINING PROGRAM rimary Level Technician – 2nd Level Technician

ADDIT	IONAL TRAINING & NOTES		
DUPLICATE CLASSES		SPECIAL CLASSES & SEMINAL	RS
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		-	
 NOTES			
	[
	2700- 1700-1700 TV TV-120-14-02-07-1		
Projected	Second Tech. Test Date:		

MASTERY SENIOR 2nd Technician & Above

In the Senior portion of the Mastery Class, students will learn the Wooden Dummy form as well as its Chi Sau and applications in fighting. In addition to this a strong emphasis is placed on developing all previously learned skills to achieve a highly-adaptable and functional expression of Wing Tsun in combat.

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SENIOR TECHNICIAN TRAINING PROGRAM 2nd Level Technician – 3rd Level Technician

NAME:			PRIMA	PRIMARY BRANCH:			SI-FU		
Wooden Dummy Form 1-4		Wooden Dummy Form 5-8							
MONTH 1: W. DUMMY 1 & POS. CONTROLS		MONTH 4: CHI GERK 2 & C.R. SPARRING			MONTH 7: INTERVAL SPARRING				
1. Over Neck Pull, Sweeps	13.	13. Shin Lock & Def. 1			25. Clinching	Aggressive Opp.		T	
2. Under Neck Pull, Shin Locks	14.	14. CG 2 Sequence			26. Low Punches in Defense				
3. Early/Late Neck Pull Def.	15.	15. CG 1 + 2 Review			27. Shin Locks/Sweeps in Sparring				
4. WD 1 Sequence & Review	16.	16. CG Sparring & Review			28. Clinching & Knees & Review				
MONTH 2: CHI GERK 1 & KICK DEFEN	SE MC	MONTH 5: W. DUMMY 3 & ANTI-TAKEDOWN				MONTH 8: W. DUMMY 4 & LAT SAU/GWO SAU			
5. Paak Gerk & Outside Trip	17,	17. Low Punch/Follow-Up Var.			29. Man Sau i	au in Chi Sau & Lat Sau			
6. Bong/Taan/Gaan Gerk Cyc.	18.	18. Low Punch Kau Sau Def.			30. Side Step Side Kick				
7. CG 1 Cycle	19.	19. Low Punch in Application			31. Side Kick Applications & Def.				
8. CG Sparring & Review	20.	WD 3 Seq. &	Review		32. WD 4 Sequence & Review				
MONTH 3: W. DUMMY 2 & PUNCH DEF.		MONTH 6: CHI GERK 3 & LEG TECH.			MONTH 9: CHI GERK 4 & 5-RANGE SPARRING				
9. Taan Sau Dai Jeung & Def.	21.	21. CG 3 Opening			33. Thigh Bind to Sweep				
10. Ghost Hand	22.	22. Rowing Leg & Thigh Bind			34. Knee Attacks in the Clinch				
11. Ghost Hand App, K.S. Killer	23.	23. CG 3 Application		35. Defending	Defending Knees in the Clinch				
12. WD 2 & Review	24.	CG Sparring	& Review	Review		36. CG Sparri	arring & Review		
Sparring Classes				3rd TL Pt 1			3rd TL. Final Pass	0.0	
Tech. Test Prep Class				3rd TL Pt 2			Leadership Qual.	AT/T/Inst	

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SENIOR TECHNICIAN TRAINING PROGRAM 2nd Level Technician – 3rd Level Technician

MONTH 10: W. DUMMY 5 & POS. CONTROLS	MONTH 13: CHI GERK 6 & C.R. SPARRING	MONTH 16: INTERVAL SPARRING		
37. WD 5 Opening Par. React.	49. Cross Kick Def. 2: Travolta	61. 5-Range Fighting		
38. Kau Pek vs. Kau Pek	50. Inside Knee Throw	62. Take Down/Get-Up		
39. Taan Sau Dai Jeung w/kick	51. Applications of Chi Gerk 6	63. Charging Opponent		
40. WD5 Sequence & Review	52. CG Sparring & Review	64. Gwo Sau/Spar. Mix & Review		
MONTH 11: CHI GERK 5 & KICK DEFENSE	MONTH 14: W. DUMMY 7& ANTI-TAKEDOWN	MONTH 17: W. DUMMY 8 & LAT SAU/GWO SAU		
41. Thigh Bind Counter 1	53. Throat Cut & Paak Chaan	65. Chain Kicks in Chi Sau		
42. Thigh Bind Counter 2	54. Cross Kick & Def. 1	66. Chain Kick Defense		
43. Cross Kick Def. 1: Taan G.	55. Cross Kick & Def. 2	67. Paak Sau Knee Stamp Kick		
44. Shin Bind 1	56. WD 7 Sequence & Review	68. KNS Jeet Gerk WD 8 Sequence		
MONTH 12: W. DUMMY 6 & PUNCH DEF.	MONTH 15: CHI GERK 7 & LEG TECH.	MONTH 18: CHI GERK 8-10 & 5-RANGE SPAR		
45. Fish Tail Hand/Follow-Ups	57. Inside Knee Throw Counter	69. Shin Lock Def. 2: Retreat Step		
46. WD6 Part 1: In./Out. Po Pai	58. Bong Gerk Side Stamp Kick	70. Outside Drag & Hing. Paak G.		
47. WD6 Part 2: Over Po Pai	59. Shin Bind 2	71. Hinging Paak Gerk		
48. WD6 Part 3: Cross P.P./Seq	60. CG Sparring & Review	72. Reverse Shin Bind Paak Gerk		
DUPLICATE CLASSES	SPECIAL CLASSES	NOTES		
		Projected 3rd Tech. Test Date:		



Advancement & Testing

In the CWTAA, we take promotion and rank advancement very seriously. Although we will not be promoting students through the "Student Level" or "Technician" ranks via Zoom, we will be logging the lessons taken on the official curriculum card. When students return to training, they will have the ability to advance based on their skill level if they have completed the requisite lessons. Students outside of the any CWTAA branch can visit an official branch for an examination if they have completed the program's required attendance.

OFFICIAL CWTAA CARD

As an Online Academy student, you will have an official curriculum card for your current level. For every lesson you attend, you will recieve credit for it on your card.

REVIEW WEEKS

Every fourth week in the curriculum cycle is a "Review Week" and gives students a chance to refine what they have learned and ask questions.



Additional Classes on CWTAA Online







THEORY Q&A

Once a month Sifu Alex holds a live theory class with a Q&A session (any WT topics) for CWTAA LIVE Online Academy students.

FITCANVAS

This is the best way to stay in shape from home with no equipment. FitCanvas combines calistenics with WT & martial art moves.

SPECIAL TOPICS

Every Sunday there are special topic classes that teach important details.

There are also special topic recordings as well.

*Our Programs

Here is an overview of CWTAA Online Academy Programs



LEADERSHIP

Includes all LIVE classes + Sifu Alex's Classroom, Weekly Leadership Class, CWTAA curriculum card, 2-for-1 Family Training, FitCanvas, Solo Conditioning, Monthly Theory Class, Special Rate on Private Instruction.

PREMIUM (MOST POPULAR)

Includes all LIVE classes + Sifu Alex's Classroom, CWTAA curriculum card, Family Training, FitCanvas, Solo Conditioning, Monthly Theory Class, Special Rate on Private Instruction.

UNLIMITED

Includes all LIVE classes, CWTAA curriculum card, Family Training, FitCanvas, Solo Conditioning, Monthly Theory Class, Special Rate on Private Instruction.

RECORDINGS (NO LIVE CLASSES)

Every Friday, you'll get an email with links to videos for EVERY live Zoom lesson from the week prior for your level (excluding Sifu Alex's Classroom.



Weapons Training

For CWTAA students who have learned the Wing Tsun weapons (pole, knives, or both), there will be additional classes offered on this. These classes are not included in the Online Academy but will be offered on the schedule for an additional fee.

For those who have learned the weapons elsewhere, you will need to contact the CWTAA headquarters to see if you qualify to join one of these classes.

In the CWTAA you are eligible to learn the long pole at **Primary Level (1st) Technician**. The WT knives may be learned with proficiency in the pole and a completion of Dummy & Chi Geuk Programs with a **Third Level Technician**.

Independent

The City Wing Tsun Athletic
Association is an independent Wing
Tsun (WT) network focused on
delivering world-class instruction and
the life-changing benefits of this art
without all the politics and drama of
the "other WT" organizations.

Qualified Instruction

All instructors teaching WT-curriculum classes are qualified Sifu-level instructors under the CWTAA, with many running their own branches as well.

A Piece of Hong Kong

CWTAA founder Sifu Alex Richter has traveled extensively to Hong Kong to bring authentic Hong Kong WT to you. The CWTAA is also recognized by the Hong Kong government as an official martial arts association.

Modern

The programs at City Wing Tsun are modernized both in the curriculum & the methods of teaching. Classes are a mix of tried & true old school methods with modern protocols.



Meet the CWTAA Team

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SIFU ALEX RICHTER

SIFU NICOLE DANIELS

SIFU CRAIG SAVINO

Chief Instructor CWTAA

Senior Instructor, NYC

Head Instructor, NYC

Meet the CWTAA Team





Instructor, Element WT



SIFU ETHAN HAMPTON

Instructor, Brooklyn WT



DRE ISON

WT Trainer, NYC

CWTAA Online Academy Schedule August 2020 until further notice Text 646.807.9735 Email info@citywt.com

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sifu Alex's Classroom - Foundations 12-1pm	Sifu Alex's Classroom - Mastery 12-1pm	Sifu Ethan Hampton - Foundations 12-1pm	Sifu Craig Savino - Mastery 12-1pm	WingBas * 12-12:30pm	Sifu Alex's Classroom - WT Leadership * 12-1pm	Sifu Barry Cooper - Special Topic Rotation 12-1pm
	FitCanvas * 3-4pm		FitCanvas * 3-4pm		Sifu Alex's Classroom - WT Theory** 2-3:30pm	12 Ipiii
Sifu Ethan Hampton - Foundations 6:45-7:45pm	Sifu Craig Savino - Mastery 6:45-7:45pm	Sifu Nicole Daniels - Foundations 6:45-7:45pm	Sifu Alex's Classroom - Mastery 6:45-7:45pm			
Sifu Nicole Daniels - Mastery 8-9pm	Sifu Alex's Classroom - Foundations 8-9pm	Sifu Craig Savino - Mastery 8-9pm	Sifu Craig Savino - Foundations 8-9pm			春體含會 ATHLETIC ASSOCIATION

^{*}Blended of live and recorded instructions

^{**}First Saturday of the month only.

^{***}All times are Eastern Time



1.PICK YOUR LEVEL -

Choose from WT-Prep (new beginner),
WT-Foundations (some experience),
WT-Mastery (advanced) or WTLeadership (instructor/-in-training).

PICK YOUR PROGRAM -

Choose from Leadership, Premium,
Unlimited, or Recordings. Need help
deciding? Contact us!

FROM ANOTHER LINEAGE?

Contact us if you come from a non-WT lineage so we can place you in our program!

What is that next step?

Read the steps on the left and then contact the CWTAA for enrollment information!



Let's Get Started!

CONTACT

Use the contact form on the CWTAA website (<u>www.citywt.com</u>) and ask to apply for the Online Academy. We will contact you and guide you through the process.

EMAIL ADDRESS

info@citywt.com



TEXT MESSAGES ONLY

(646) 807-9735