



# How To Run A Ving Tsun Intro Lesson



Be warm and welcoming to the participant. Introduce yourself. Ask if they have any questions. Ask the following:

- Do you have any previous martial arts training?
- Any injuries/illness that I should be aware of before we start?
- What is your primary goal? What do you hope to gain from the Ving Tsun training?

## INTRODUCE THE FOLLOWING ELEMENTS

1

### The 3 Components Of The Ving Tsun Training Program

Forms | Two Person Exercises | Conditioning

2

### Siu Nim Tao

Ye Chi Kim Yeung Ma / “horse stance”

3 Traits that characterize the horse:

- Toes in/heels out. Rotate at the hip.
- Knees bent, squeezing together.
- Hips forward, most important.

First part of Siu Nim Tao (1 time)

3

### The Three Major Principles Of Ving Tsun

Relaxation | Centerline | Forward Energy

4

### Training - Remember To Take Breaks!

Play 2 more Siu Nim Tao together

Let the participant practice alone (1 or two)

Chung Choi / Chain Punch

Ving Tsun Fist = 3 straight lines across:

- the bottom three knuckles
- the heel of the hand (pinkie to elbow)
- the top of the hand. (straight wrist)

From the heart to the heart

Empty Pak Sao

Wrists on center, fingers back, tight hand

5

### Two Person Exercises

Pak Sao 2 or 3 rounds

Forward energy on centerline

Pak Dar Demo

Show the progressive nature of V.T. system

## QUESTIONS AND/OR TECHNIQUE DEMONSTRATIONS

- Let the participant know there will be time for questions/technique demonstrations after the cooldown is completed.
- Cool down by playing 2 forms together.
- Answer any questions or demo any techniques they ask about.

## ADMINISTRATIVE MATTERS

- Review Class Schedule & Training Programs (See Attached).
- Sign training agreement & liability waiver.
- Uniforms: free t-shirt with sign-up. Sign-up uniform special: shirt, shoes, & pants for \$100.
- Payment

