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## Wing Chun Siu Lim Tao

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SIU LIM TAO

INTRODUCTION Wing Chun is such, that it allows one to discover for oneself the truth about Wing Chun by dissecting the movements of Siu Lim Tao. All the principles of Wing Chun is outlined in Siu Lim Tao. Unimpressive as it may look, the "secrets" of Wing Chun are imbedded in Siu Lim Tao. If you don't understand Siu Lim

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Tao, you will never understand Wing Chun. If you rush through it, you will pick up bad habits. The bad habits remain with you all through your Wing Chun life.

## **The Siu Lim Tao - Wing Chun**

Siu Lim Tao is performed using a static triangle based stance with a focus on maintaining an erect spinal alignment. All

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techniques have specific stopping points that help support a robust anatomical structure. This is vital when learning to handle different types of forces found within the drills and fighting applications.

## **Siu Lim Tao | SynergyWingChun**

Siu Lim Tao is the basic form of the Wing Chun Kuen system. Without practicing Siu Lim Tao,

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your Wing Chun skills will not be good. Siu Lim Tao has three sections, although some might dissect into four or five sections to make it easier on their students. The first section is Gung Lik training. The second section trains Fatt Ging (靚靚).

**Siu Lim Tao  
Explained | My Way  
of Wing Chun**



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Sil Lim Tau, is the first of the hand forms of Wing Chun Kung Fu. It teaches the student the basics of the martial art. The techniques was inspired by moveme...

## **Wing Chun Sil Lim Tao - First Half - Step by Step - YouTube**

Siu Lim Tao is the Foundation of the entire art of Wing Chun, as it contains all

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the fighting principles of the art within the form. Beyond teaching correct technique, it teaches the practitioner to relax properly, maintain stable balance, the proper use of the eyes in the fighting environment, and a host of other principles.

## **Siu Lim Tao - Wing Chun**

About. Siu Lim Tao is the first Tao (form,

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sequence of techniques) you learn in Wing Chun. It contains Wing Chun basics, however... there is no such thing as basics in kung fu. All techniques are important, and if you do something wrong, you can not continue your progress, until you fix the problem. The form is reasonably small, and as you will see, it contains compressed Wing Chun

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hands techniques.

## **Wing Chun Kun Fu Siu Lim Tao**

Learn Wing Tsun Siu  
Lim Tao, Chum Kiu and  
Biu Jee authentic Ving  
Tsun Kung Fu forms.

How to do Wing Chun  
vs MMA self defense.

“While classical Wing  
Chun was designed to  
fight against other  
wing chun

practitioners, modern  
day mixed martial arts  
has evolved to the

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point where traditional methods simply no longer work. Sifu David's unique ...

## **Free Wing Chun Tutorial - Learn Wing Chun Sil Lim Tao At ...**

Slowed down some of the video and silenced the audio

## **Wing Chun - Wong Shun Leung - Siu Lim Tau - slow - YouTube**

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Sil Lim Tau, sometimes referred to as Siu Nim Tao, is the first of the hand forms of Wing Chun Kung Fu. It teaches the student the basics of the martial art. The form has been adapted and changed over the last few hundred years, but it is thought that the form was inspired by movements from both crane style kung fu and snake style kung fu.

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## **Siu Lim Tao the first form - Wing Chun**

The first form of Wing Chun is Siu Nim Tau, which translates to 'small idea' or 'little thought'. The Siu Nim Tau form teaches you how to build up your structure and achieve a relaxed state, which is necessary for the proper generation of force and the development of Wing Chun's 'Power of Relaxation'.

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## **Siu Nim Tau (Sil Lim Tao) Form and Applications ...**

In Ip Man 's Wing Chun Siu Nim Tao the first section of the form is done by training the basic power for the hand techniques by tensing and relaxing the arms. In Moy Yat 's Wing Chun the first section of the form is done without muscle tension and slowly in a meditative, calm, and



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being “in the moment”.

## **Siu Nim Tao - Wikipedia**

In Siu Nim Tao section 1 you will learn traditional Ip Man lineage Wing Chun basis stance (Yi Ji Kam Yeung Ma), Double Tan Gaang Sau, Straight punch (Yi Ji Chung Kuen) and Yat Tan Saam Fuk Sau techniques. Section 1 key point is Slow and Reduce Thinking. In

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section 2 you will learn how to practice Speed and Inch power.

## **Wing Chun Sil Lim Tao (Siu Nim Tau) First Form Basics | Udemy**

Wing Chun: Siu Lim Tao. (Wing Chun.)  
Kindle Edition by Steve Brown (Author) Format: Kindle Edition. 3.8 out of 5 stars 6 ratings. See all formats and editions Hide other formats and editions.

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## **Amazon.com: Wing Chun: Siu Lim Tao. (Wing Chun.) eBook**

...

Siu Nim (or Lim) Tao,  
or "Little Idea," is the  
basis for many moves  
in Wing Chun. Siu Nim  
Tao is the first form in  
Wing Chun, and it is  
here that you will learn  
proper stance, holding

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your body, relaxation,  
and basic hand  
movements.

## **How to Learn Wing Chun (with Pictures) - wikiHow**

Wing Chun is  
comprised of three  
bare hand forms, Siu  
Lim Tao, Chum Kiu and  
Biu Gee. The Siu Lim  
Tao is the foundation  
upon which the entire  
learning process is  
then built. The SLT  
contains all the basic

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movements including Bong Sao, Tan Sao and Fook Sao. The form is comprised of three sections and is practiced in a stationary position.

## **Forms | Orange County | Gary Lam System | Sil Lim Tao**

The original Siu Lim Tao was taught all at once and even led into the second form. Wing Chun instructors, including Wu Gung

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Kung Fu's David Lott have since broken the form down into four smaller modules, which students will eventually combine into one; their reason is that learning the form provides a workout for your legs.

## **WGMAA: How to Perform Siu Lim Tao**

Forms are like textbooks and offer a visual “blueprint” of the Wing Chun system. They are a great place

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to start. I opened a class in 2010 in Bradford, UK, and later I offered an online training aid to my students. This was a weekly video which explained the basic positions and moves in the first hand pattern (form) Siu Lim Tao.

## **Learn Wing Chun Online - Learn Wing Chun Online**

Wing Chun consists of 3 open hand forms, Siu

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Lim Tao, Chum Kiu,  
and Biu Gee, as well as  
the Dummy, Knife and  
Pole Forms.

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