



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 1

Form

Si Nim Tao (Parts 1-4)

Footwork

Irás Stance (Character 1 Stance)

Circle Step

Crab Step

Turns (90 degree, 45 degree, 180 degree)

Zig Zag Step (from the front and the back leg)

Front Step from Character 2 Stance (aka Advancing Step)

Kicks

Front kick plus Front Step (from IRAS)

Side Kick from IRAS plus Step

Stop Kick plus Step (from IRAS)

Daan-Chi (Single Armed Reflex Training)

Parallel Daan-Chi

Diagonal Daan-Chi

Applications

Applications of the Si Nim Tao Parts 1-4



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 2

Form

Si Nim Tao (Parts 5-8)

Footwork

Front Step (left and right)

Criss-Cross Step

Outfall Step with 45 Degree Turn

Kicks

Chum-Kiu Circle Kick

Front Kick in All Directions

Bong & Jap Geerk with Kick

Traditional Daan-Chi (Single Armed Reflex Training)

Parallel Daan-Chi (bong-sao, taan-sao, jum-sao, kwaan-sao, jut-sao, high punch)

Diagonal Daan-Chi

Applications

Applications from the Si Nim Tao - Parts 5-8



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 3

Footwork

Criss-Cross Step for Long Distances (i.e., the Advancing Step)

Criss-Cross Step After a Turn

Outfall Step (Long distance)

Kicks

Chum-Kiu Circle Kick

Front Kick in All Directions

Bong & Jap Geerk with Kick

Traditional Daan-Chi (Single Armed Reflex Training)

Parallel Daan-Chi from Second SG but with Footwork

Diagonal Daan-Chi from Second SG but with Footwork

Applications

Defense against Back fist

All the Applications from the Si Nim Tao



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 4

Form

Chum Kiu

Footwork

Oblique Footwork plus 90 Degree Circle In (Flanking footwork)

2 Indoor Responses to the Flanking Footwork

2 Outdoor Responses to the Flanking Footwork

All Steps from Previous Levels without Mistakes

Traditional Daan-Chi (Single Armed Reflex Training)

Parallel Daan-Chi from 3rd SG but with 2 Additional Movements (Kau-Sao, low Bong-Sao)

Nuk-Sao

From Man-Sao/Wu Sao

Applications

Defense against punches and combinations

Defense against kicks (combined with punches)

Defense against Hooks

Applications from the First half of the Chum Kiu



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 5

Footwork

- Oblique Footwork plus 90 Degree Circle In (Flanking footwork)
- 2 Indoor Responses to the Flanking Footwork
- 2 Outdoor Responses to the Flanking Footwork
- All Steps from Previous Levels without Mistakes

Traditional Daan-Chi (Single Armed Reflex Training)

- Parallel Daan-Chi with Faak-Sao's
- Diagonal Daan-Chi with Faak-Sao's (Be able to do the entire sequence)

Chi-Sao

- Five Attacks
- Huen-Saos

Applications

- Elbows and Knees
 - All Chum Kiu Applications
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EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 6

Form

SNT + CK: Clean forms

Chi-Sao

5th SG Chi-Sao - Very Clean

Pull Attack #1

Pull Attack #2

Applications

All Applications from the SNT and the CK

Applications for 2 Pull Attacks

Theory

What is the importance of Chi-Sao in EBMAS?



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 7

Chi-Sao (16 Reactions)

(Students should be able to initiate the attacks and perform the defenses of all 16 reactions)

11 Paak-Sao Punch Reactions from Poon-Sao

5 Reactions from Jat-Chuen

Applications

Applications for the 16 Reactions

Theory

Explain the four dimensions and their applications in the EBMAS WT system.

Explain the centerline theory.

Notes:

This is a long program. You must drill these reactions to both remember and embody the movements.





EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 8

Chi-Sao (6 Reactions from Jat-Chuen)

(Students should be able to initiate the attacks and perform the defenses of all 6 reactions)

6 Reactions from Jat-Chuen

Special Exercises for Chi-Sao Flexibility

Bong-sao and Taan-Sao Flexibility Exercises without turns

Bong-sao and Taan-Sao Flexibility Exercises with turns

Springy punch exercises

Applications

Applications for the 6 Reactions

Theory

Explain Yin-Yang in EBMAS Wing Tzun.

Explain the influence of food and eating habits in EBMAS WT.



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 9

Chi-Sao and Chi-Geerk

From Chi-Sao, defense against parallel kick

From Chi-Sao, defense against diagonal kick

From Chi-Sao, defense against diagonal / parallel kick + huen-geerk

Special Exercises for Chi-Geerk Flexibility

Isometric Exercises with both partners in Bong-Geerk

Isometric Exercises with both partners in Jaap-Geerk

Isometric Exercises with one partner in Jaap-Geerk and one in Bong-Geerk

Isometric Exercises + Huen-Geerk

Special Footwork

Cross Step covering different distances

Cross Step combined with other steps (e.g., cross step with outfall step)

Applications

Applications for the Chi-Geerk Reactions

Theory

What is the difference between Buddhism, Taoism, and Confucianism?



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 10

Multiple Attacker

Defense against straight attacks (straight punches, straight kicks or both)

Use movements from both the SNT and CK against multiple attackers

Defense against various attacks (holds, grabs, roundhouse kicks, knees, elbows, hooks)

Weapons (Empty hand defense against stick or knife)

Roundhouse attacks

Diagonal Attacks

Straight Attacks

Swinging Diagonal Attacks

Disarms

Theory

What is the difference between tactic and strategy?

What is the danger with weapons?



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 11

Immobilizing Techniques

Against the Hook, Slap in the Face, or Headlock

Against diagonal attack with backfist

Against someone shooting in from the front

Against someone holding the leg for throws

Against someone tackling from the side

Police and Special Unit Training

Applying handcuffs after the using the immobilization techniques

Disarms

Theory

What is the self-defense law in your country or state?



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 12

Chi-Sao

The Complete Daan-Chi program

The Complete 1st Section of Chi-Sao (24 Reactions) and Chi-Geerk

Lat-Sao & Street Defense

Complete Lat-Sao Program

Complete Street Defense Program

Applications

Complete Applications of the SNT

Complete Applications for the Chum Kiu

Applications of the 1st Section of Chi-Sao

Uniforms and Regulations

Students must have up to date passport

Students must be able to explain the EBMAS regulations

Theory

What is the centerline theory?

What are the dimensions and directions of the power in EBMAS WT?



EBMAS Student Checklist



Student's Name:

Instructor:

EBMAS Student Grade 12 (cont)

Theory

Explain the family system and the history of the Wing Tzun family (from NG Mui to Dai Sifu Emin Boztepe)