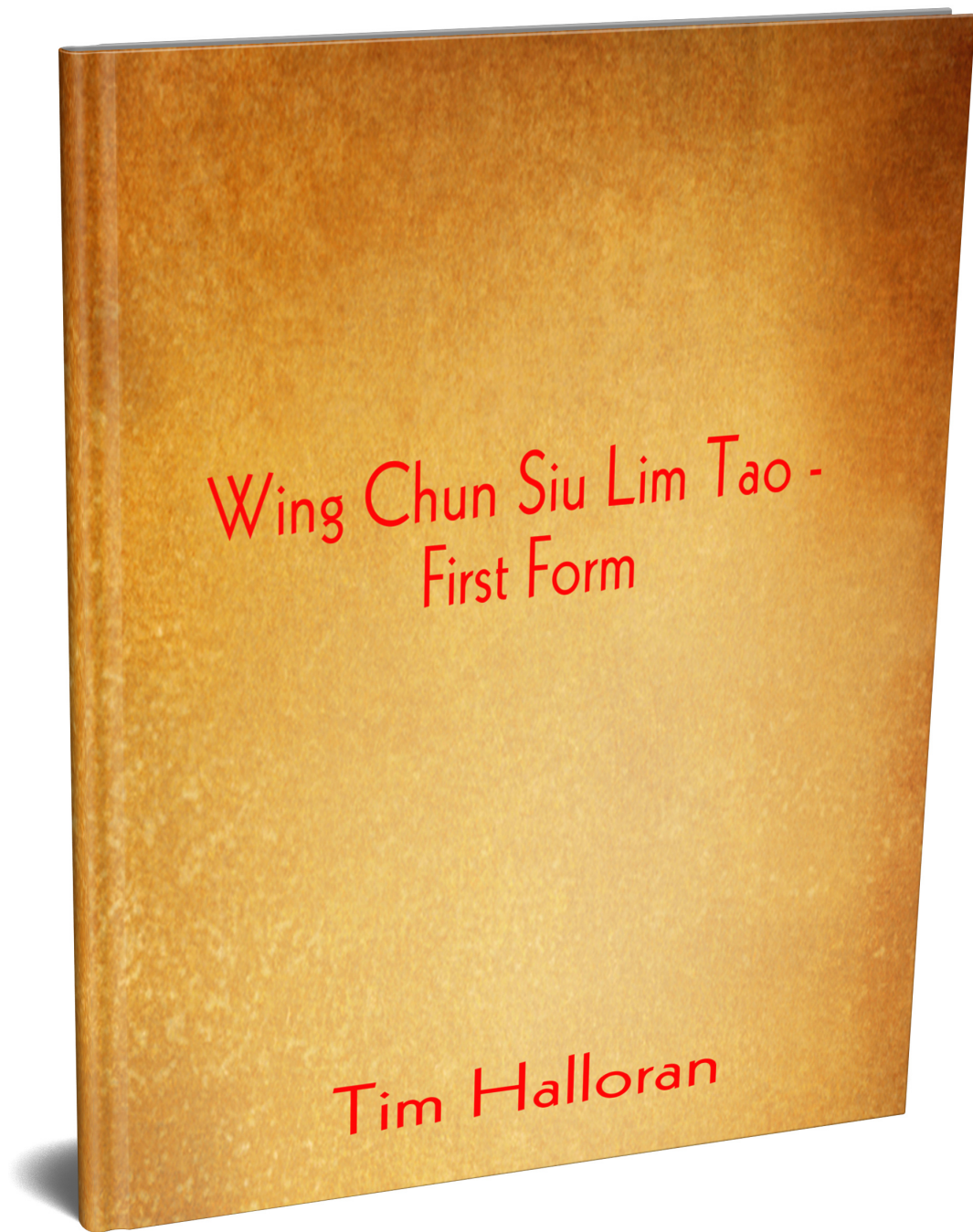


Wing Chun First Form - Siu Lim Tao



Wing Chun First Form - Siu Lim Tao - By Tim Halloran

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Introduction

Siu Lim Tao is the **first form** (or hand pattern) taught in the Wing Chun system. Translated as "*The Way of the Little Idea*", it is often described as the **blueprint of Wing Chun**.

Although the form contains no footwork or turns, it holds more information than is immediately obvious to the casual observer. In theory, the entire Wing Chun system can be found within Siu Lim Tao — if you know how to look.

This guide breaks the form down **step by step**, explaining not just *what* to do, but *why* you are doing it. If you would like additional support, you can also access a **free 5-day video series** that explains the form in detail, with daily breakdowns and notes.

[You can also access this guide as a FREE VIDEO SERIES by signing up on https://learnwingchunonline.com](https://learnwingchunonline.com)

How to Use This Guide

- Practice **slowly and regularly**
- Focus on **relaxation, structure, and intent**
- Use a **mirror** whenever possible
- Do not rush to understand everything at once — depth comes with repetition

Section One – Foundations

1. The Opening Bow



The form begins with a bow.

The bow is a friendly gesture that shows respect, humility, and good intention. It also sets the tone for your practice. How you begin the form often reflects how you train overall.

If you are sloppy with the opening, your Wing Chun will be sloppy.

How to Bow

1. Stand with feet together
2. Place the **right fist into the left palm**
3. Nod the head slightly
4. Draw both arms back into fists under the shoulders
5. Keep the forearms level with the floor

Start as you mean to continue.

2. Opening the Stance (Yee Gee Kim Yeung Ma)



The basic Wing Chun stance is called **Yee Gee Kim Yeung Ma**, often translated as:

- Character Two Adduction Stance
- Goat-Grabbing Stance

How to Form the Stance



- 1.**Start with feet together**
 - 2.**Pivot out on the heels**
 - 3.**Pivot in on the toes**
 - 4.Feet should be roughly shoulder-width apart
 - 5.Toes and knees point slightly inward
- This is not a fighting stance. It is a **training stance** designed to:

- Strengthen the legs
- Develop sinking energy
- Train stability and alignment

It allows you to remain rooted while training the hands.



3. Centreline Check



Wing Chun theory revolves around the **centreline**.

There are three main centrelines:

- The vertical centre of your body - called Jik Seen - Straight Line
- The central line between you and an opponent - The Say "M" Seen - or fastest attacking line
- The central heart line (Chung Sum Seen) where all the most vulnerable parts of the body lie down the middle of the body



For Siu Lim Tao, focus on **your own centreline** — the straight line running down the middle of your body and the Chung Sum Seen - the central heart line which protects you from straight line attacks to the centre of the body.

Centreline Check Movement

1. Cross your arms in front of your body
 - Left hand on top
 - Palms facing down
2. Rotate the wrists so palms face up
3. Draw the hands back under the shoulders

This establishes awareness of alignment and structure before movement begins. This movement should define where the centre of your body resides and also the straight line connecting it to your opponent/attacking line.

4. Punches and Wrist Conditioning



Vertical Punch

1. Bring the left fist to the centreline, one fist-distance from the chest
2. Punch forward using a **vertical fist**
3. Keep the knuckles vertical
4. Lock out the arm and open the hand



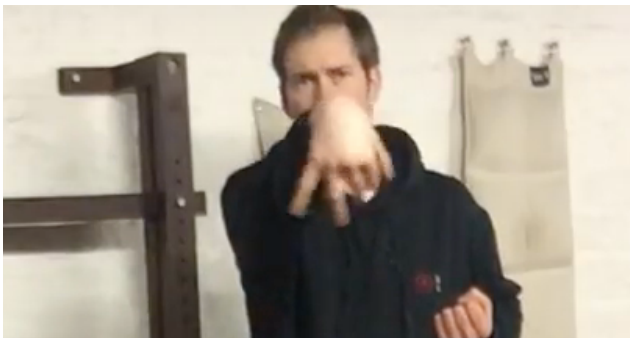
Wrist Stretch

1. Pull the wrist back toward you
2. Rotate the wrist anti-clockwise
3. Close the hand and draw back under the shoulder

This exercise:

- Strengthens the wrist and hand
- Improves circulation
- Builds joint suppleness

Repeat on the opposite side.



5. Developing Forward Energy (Tan Sau)

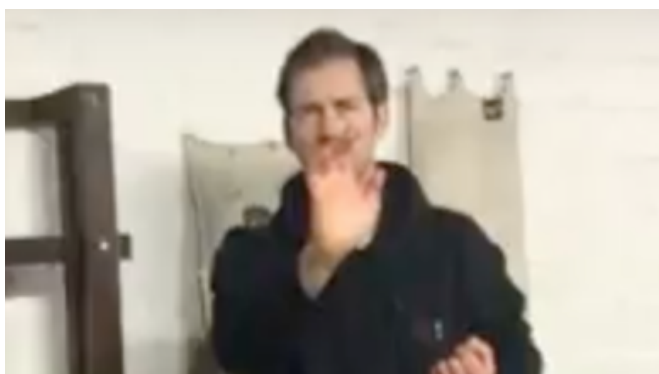


Open the left hand and slowly expand forward the **Tan Sau** position (palm facing up).

Key Points

- Move **very slowly**
- Elbow stops about **1-1.5 fist distances** from the body
- Stay relaxed - consciously relax your muscles when they want to fire
- imagine an opposing force which you're moving against.

This develops **relaxed forward energy** — one of the core attributes of Wing Chun power.

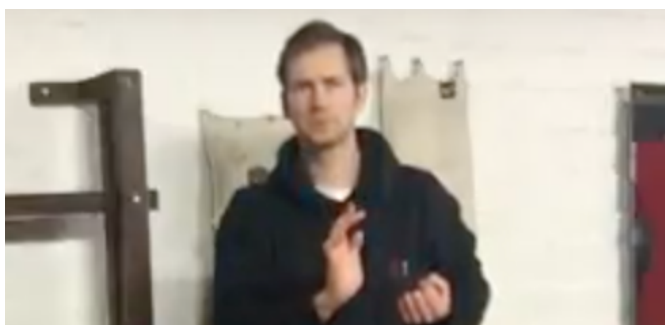


Think of the shoulder and elbow as **two pulleys working together**. When they move in harmony, they produce greater force with less effort. When you use muscle alone, such as the triceps muscles, you isolate the muscle group and limit your power.

Consciously relaxing the muscles allows you to interconnect tissues and move congruently with the elbow, shoulder and back as a whole, not just through using the single muscles of the arm.

Nim Lik, or mind power, takes time to understand. The movements should be practiced slowly and deliberately with full focus, consciously releasing tension as you do so and as you find it in the body.

6. Relaxation and Power



Tension creates weakness.

If your muscles tense, your arm becomes disconnected from the body. True power comes from relaxation and structure, not force. When in doubt — relax more.

7. Wu Sau and Fok Sau Sequence

From Tan Sau:

1. Rotate the hand inward into **Wu Sau** (guard hand)
2. Elbow drifts slightly outward
3. Draw Wu Sau back to one fist-distance from the chest
4. Relax and drop into **Fok Sau**

Fok Sau

- Push forward
 - Bring the elbow to the centreline early
 - Stop 1–1.5 fist distances from the chest
 - Rotate back into Wu Sau
- Repeat **three times**.

After the third repetition:

- Pak Sau to the outside line
 - Return to centreline
 - Strike forward with **Jik Jeung (straight palm)**
 - Lock out, stretch wrist, close fist, draw back
- Repeat on the other side.

Section Two – Explosive Energy (Fa Jing)



The second section develops:

- Breaking holds and locks
- Explosive energy
- Relaxation between movements

Explosive energy should occur **only at the end of each movement.**

Downward Palm Explosions

1. Left hand palm down, extend downward
2. Explode in the final inch
3. Repeat on the right side



Rear and Front Palm Strikes

- Hands travel up the body
- Round to lower back
- Double palm strike to the rear
- Return to lower back
- Circle forward
- Double palm strike to the front



Double Lan Sau

Arms come together fingertips to elbows in lan sau position (bar arm)



Double Fak Sau

- Arms strike outward
- Slight bend in elbows
- Hands visible in peripheral vision

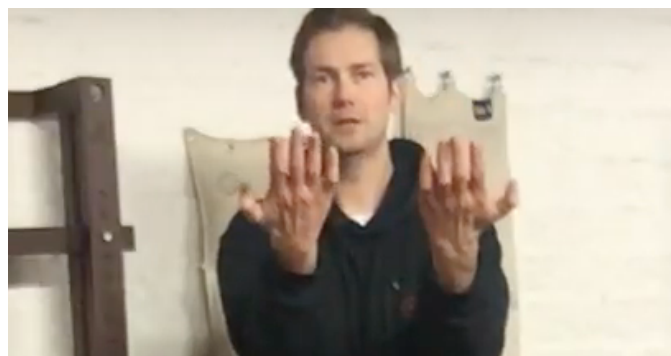
Jum Sau and Tau Sau



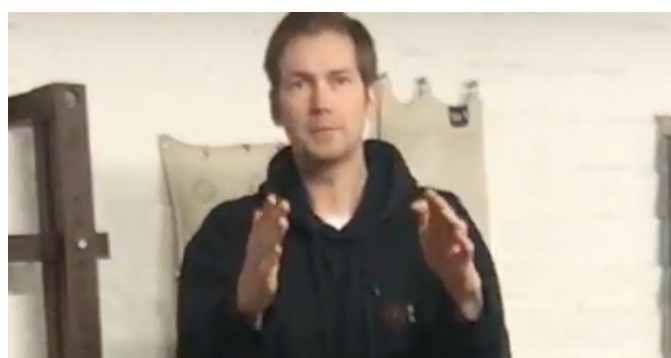
•Return to double Lan Sau Position



•Drop elbows into Jum Sau - Sinking elbow



•Rotate wrists into double Tau Sau



•Pull towards body (lap sau)



•Strike forward with Biu Sau

- lock out arms, then Lower and raise from waist towards shoulders
- Finish by rotating outward, closing fists, and drawing arms back under the shoulders.

You cannot explode power while holding tension.

Section two teaches you to **let go immediately after using force**, both physically and mentally. Moving with relaxation means more speed and greater dexterity and sensitivity.

Section Three – Application and Integration

The third section combines structure, energy, and intent.

It introduces **block-and-counter principles** and refines positional understanding.

Regular **Chi Sau** practice is essential to fully understand this section.

1. Outside Pak Sau and Side Palm



- Outside Pak Sau (slightly forward)



- Elbow drops inward
 - Side palm strike (fingers out, elbow in)
 - Lock out, stretch wrist, draw back
- Repeat on the other side.

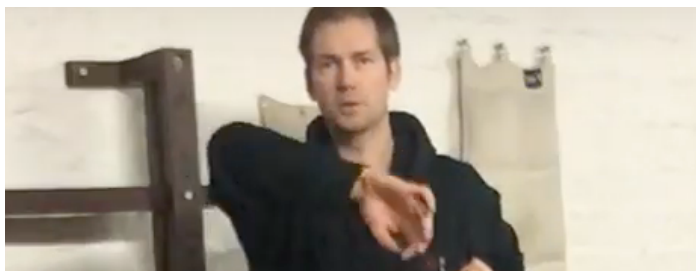
2. Garn Sau and Heun Sau Sequence

- Tan Sau to centre
- Cut down into low Garn Sau
- Scoop back into Tan Sau
- Heun Sau (circling hand)
- Low palm strike
- Lock out, wrist stretch, draw back

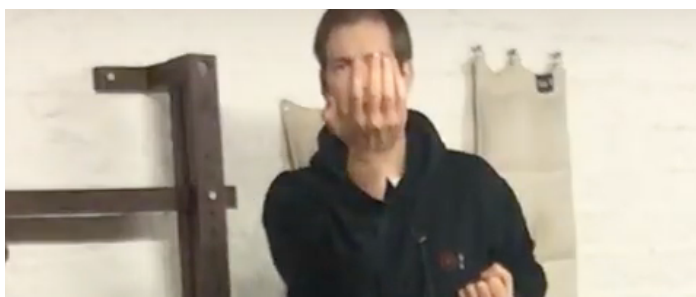
Repeat on the other side.



3. Bong Sau to Palm Strike



- Push out Bong Sau



- Rotate into Tan Sau



- Strike with upside-down palm
- Lock out
- Wrist stretch
- Draw back

Repeat on the other side.

4. Garn Sau and Punching Sequence

- Low Garn Sau (left)
- Right hand on top of forearm
- Downward strike while withdrawing opposite hand
- Twist at wrist contact

Repeat for **three Garn Sau strikes**.



Finish with:

- Three punches
- Wrist stretch
- Return to stance
- Draw feet together
- Final bow



Conclusion

Regular practice of Siu Lim Tao develops:

- Structure and alignment
- Relaxed power
- Rooted stance
- Calm focus

Over time, this practice helps you:

- Sink your energy
- Become harder to move
- Stay calm under pressure
- Develop soft power
- Develop "Nim Lik" - Mind Power (when done correctly)

Keep practicing — depth reveals itself through repetition.

Free Video Training

You can access the **FREE 5-Day Siu Lim Tao Video Series**, which breaks the entire form down step by step with daily lessons and explanations.

👉 [Sign up to receive one video per day for five days.](#)