

# 小念头

# Siu Lim Tao

1. 小念头为首
  2. 体弱力先修
  3. 二字拈阳马
  4. 平行力无他
  5. 沉静兼卸肘
  6. 招式一零八
  7. 化用万千千
  8. 内练一口气
  9. 外练筋骨肌
  10. 摊膀伏护圈
  11. 式式要清爽
  12. 练功莫强求
  13. 坏习不可留
  14. 练气丹田揸
  15. 脚趾对地拿
  16. 气由丹田放
  17. 发劲才有方
  18. 守中护两旁
  19. 实用不虚假
  20. 讲实不讲华
  21. 越练越神奇
  22. 时间性要讲
  23. 一日练一趟
  24. 练多亦无妨
1. Siu Lim Tao is the beginning.
  2. Make your weak points strong.
  3. The training stance (yee ji kim yeung ma),
  4. Is simply about stability/Balance and power (nothing else).
  5. Drop your elbows, and sink your heels (power from the ground).
  6. 108 techniques,
  7. Can be changed into many thousands.
  8. (Lit. train your chi) Train internal strength/Train your breathing techniques.
  9. External training strengthens your body and bones.
  10. Tan, bong, fook, wu, huen.
  11. These moves must be precise (crisp).
  12. Don't try too hard/don't be tense/don't push the form. But do not push yourself too hard when you train (pointless obsession).
  13. You can't keep your bad habits/ Lose your bad habits.
  14. Control your abdomen/centre (dan tien) and train your breathing.
  15. Grab the ground with your toes (push your toes into the ground) Keep your feet in contact with the ground.
  16. The strength is from the waist and centre (lit. release the chi from the dan tien).
  17. This is where your power comes from/gives direction to your power/Alive energy (fa jing) must be focussed in the right direction.
  18. Protecting your centre and protecting your two sides/Keep your centre and protect the sides.
  19. This is practical and not fake/not rubbish/Talking the truth, not talking rubbish.
  20. Useful things not luxury things.
  21. The more you train the more supernatural/amazing you will be.
  22. Timing is important.
  23. Train every day.
  24. More training won't hurt.

# **SIU LIM TAO**

- ❖ **FOUNDATION OF ALL VING TSUN KUEN.**
- ❖ **FIXED, STATIONARY, TRAINING STANCE.**
- ❖ **BALANCE AND STABILITY.**
- ❖ **CONTAINS ALL THE BASIC BLOCKS AND STRIKES.**
- ❖ **THE PRINCIPLE OF FACING.**
- ❖ **HEAD HELD HIGH, TEETH TOGETHER, FACING FORWARDS.**
- ❖ **FOCUS.**
- ❖ **CENTRE LINE THEORY.**
  - **DEFENDING AND ATTACKING THE CENTRE LINE, WHERE THE MOST VULNERABLE POINTS ARE.**
  - **SHORTEST DISTANCE TO TARGET.**
  - **INCREASED POWER TRANSMISSION TO TARGET.**
  - **EASIER TO HIT TARGET, HARDER TO AVOID.**
- ❖ **FLOWING MOVEMENT.**
- ❖ **TRAIN SHORT-RANGE AND ELBOW POWER.**
- ❖ **TRAIN WRIST FLEXIBILITY AND POWER.**
- ❖ **THE GATES:**
  - **UPPER BODY ATTACKED AND DEFENDED BY THE HANDS, THE LOWER BY THE LEGS.**
  - **EACH HAND DEFENDING ITS OWN SIDE.**
- ❖ **WAIST IS ALWAYS FORWARD. WAIST POWER.**
- ❖ **EACH MOVE MUST BE TOTALLY COMPLETED BEFORE STARTING THE NEXT ONE.**