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Siu Lim Tao contains all the basic hand movements used in Wing Chun: Taan Sau (ㄟ), Wu Sau (ㄟ), Fuk Sau (ㄟ) and Bong Sau (ㄟ).

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

Siu Lim Tao, meaning literally "Small Thought" or "Little Idea" is the first of the 3 Wing Chun Kung Fu fist forms. Its importance can not be understated - as well as introducing the structures and...

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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ment in a technical sense but also in philosophical and theoretical. First form is amazing tool and it will allow the practitioner to fulfill all his needs for technical knowledge.

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Yip Man Siu Nim Tao (Close-Up)

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Ip Ching Sil Lim Tau, sometimes referred to as Siu Nim Tao, is the first of the hand forms of Wing Chun Kung Fu. The other two hand forms in the system are Chum Kiu (Seeking Bridge) and Biu Gee (Thrusting Fingers).

Siu Nim Tau demonstrated by Yip Man (aka Ip Man). This video was shot in 1972 shortly before Yip Man died of cancer.----The Dragon Institute Orange County Wing Chun Dana Point, CA [https://www ...](https://www...)

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Siu Nim Tao - Wikipedia

Summary of Siu Lim Tao movement sequence. The table summarizes Siu Lim Tao movement sequence for all three sections (for both hands). Each movement spelled in Simplified Chinese with Cantonese pronunciation and English translation. Please keep in mind that the movement sequence might be different from lineage to lineage. First Section # Both (Seung)(ㄟ) 1 ㄟ Hoi Sik Opening the form 2...

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Siu Lim Tao is the Fig 121. basic form of the Wing Chun system. You should practise Siu Lim Tao more than any of the other forms. This will help you to understand the principles of Wing Chun more fully. You should try to do it as slowly as possible and naturally. Breathe through the nose. Siu Lim Tao is not just a martial art skill, it is ...

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 being "in the moment".

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Yip Man Siu Nim Tao (Close-Up)

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Siu Nim Tao - Wikipedia

Siu Lim Tao is the first Tao (form, 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.

Wing Chun Kun Fu Siu Lim Tao

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