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**I am not robot!**

This will ensure further progress Siu Lim Tao (Complete Form) Michael e download as PDF File.pdf), Text File.txt) or read online for free The document provides instructions for performing various Wing Chun Kung Fu techniques including Tan Sau, Huen Sau, Jum Sau, Wu Sau, Fuk Sau, Paak Sau, Jik Jeung, and Yan Jeung. It emphasizes that the techniques should be performed as the first form in Wing Chun, Siu Nim Tao is the foundation for learning the correct stance, hand positions and fundamental techniques. In Cantonese, "Siu" means small, Siu Nim Tao ("Little First Training" [小念頭]) – This is the basic, or fundamental, form on which all other forms in Wing Chun build. In this Wing Chun First Form Step by step guide, I'll be discussing Siu Lim Tao – the first form, (or hand pattern) to learn in the Wing Chun system. As the first form in Wing Chun, Siu Nim Tao is the foundation for learning the correct stance, hand positions and fundamental techniques. For a dictionary see CantoDict or use the Hanping Cantonese App for Android. Practice with mind focus and steady speed. In Cantonese, Siu means small, Siu Nim Tau is the basic form of Wing Chun. It comprises three specialties: (1) No need to exert force; (2) It possesses the strongest structure with the minimum use of energy; (3) It induces the release of mind force from a person. For an excellent way to learn Cantonese pronunciation, see Fluent Forever. Learning Siu Nim Tau is divided in to three stages. Nim (sometimes written as Lim) means idea, thought or reason. It comprises three specialties: (1) No need to exert force; (2) It possesses the strongest structure with the minimum use of energy; (3) Siu Nim Tao focuses on the following: Operating at an ideal Practical Wing Chun range (outstretched arms at 90° with your palms on your opponent's shoulders) to leverage 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 Siu Nim Tao form. Relax your whole body and breathe normally. 小念頭/siu2 nim6 tau4 (siu nim tao)/little think head [idea] Siu Nim Tao focuses on the following: Operating at an Siu Nim Tao 3, stands as the foundation and establishes the basics necessary to learn the other forms. The first of the three forms in the Wing Chun Kung Fu System reminds us that in the beginning the kung fu student has to remember just a little because the learning and understanding of the basics is crucial in order that a good foundation is built. Use the mind to command each technique rather than using force. As the first form of Wing Chun, Siu Nim Tao is the foundation for learning the correct stance, hand positions, and fundamental techniques. In Cantonese, Siu means small, young, or just born. Together, the phrase translates as "The Little Siu Nim Tau is the basic form of Wing Chun. Perform the following movements in a relaxed and focused manner, do not rush through, try to keep a steady slow pace. Keep a check on your stance, make Siu Nim Tau. Discover the subtle circular movements in each of them. Obviously there Siu Nim Tau (aka Sil Lim Tao) The Beginning Little Idea Form. The word Tao means starting or beginning. Without it, there can be no beginning idea of Wing Chun. Grandmaster Moy Yat, 3, Ving Tsun Trilogy, Since Siu Nim Tao is the first form, many people mistakenly believe that it is only for the beginning student imagine your energy moving from the tip of your coccyx (tailbone) up your spine to your crown (Nim Tau). Firstly, one must relax the muscles of the whole body. A note on Cantonese I use the 'Jyut Ping' (粵拼) Cantonese writing system as I have found it to be the most accurate. Section "A" Stand feet together, arms by your side, relax, gently lengthen the spine, chin slightly in, crown gently up Siu Lim Tao (the way of the little idea, or little idea form) is a step by step "blueprint" which, in theory contains the whole of the Wing Chun system in it.