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Siu Nim Tau Wing  
Chun

# **Siu Nim Tau Wing Chun**

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## **Siu Nim Tau Wing Chun**

Siu Nim Tao is the basic form of Wing Chun. It comprises three specialties: (1)

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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.. Learning Siu Nim Tao is divided in to three stages.. Firstly, one must relax the muscles of the whole body. . Then, he should infuse the spirit into the spine so ...

**Summary of Siu Lim**  
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**Tao Movement  
Sequence | My Way  
of Wing Chun**

Wing Chun Kung Fu.  
Fitness with a Purpose;  
History of Wing Chun;  
Core Concepts; Five  
Principles. Simplicity;  
Directness; Practicality;  
Economy of Movement;  
Minimum Use of Brute  
Strength; Chi Sau; The  
Forms. Siu Nim Tau;  
Chum Kiu; Biu Jee; The  
Power of Wing Chun.  
Breaking the Guard;  
Countering The Jab;

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Destroying the  
Haymaker; Mastering  
the Side ...

## **The Hidden Power Of Siu Nim Tao - Wing Chun United**

The Siu Nim Tao  
foundation course is an  
ideal introduction for  
students wanting to  
explore and familiarise  
themselves with the  
basic techniques and  
concepts of Wing Chun.  
On this course, you will  
learn the key concepts

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and principles of the Wing Chun system, including how to apply them.

## **Sil Lim Tao the first form - Wing Chun**

Master Dragon this basic foundation and you are on your way to learning Wing Chun Martial Arts for Self Defense. In Siu Nim Tao section 1 you will learn traditional Ip Man lineage Wing Chun basis stance ( Yi Ji Kam



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Yeung Ma), Double Tan Gaang Sau, Straight punch (Yi Ji Chung Kuen) and Yat Tan Saam Fuk Sau techniques.

## **Siu Nim Tao | amawingchun**

Siu Nim Tao. Posted on June 16, 2014 Updated on October 19, 2015. Siu Nim Tao The first and most important form in the art of Wing Chun. There are almost as many variations in

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the Siu Nim Tao from as there are different lineages of Wing Chun. Some masters wanted to keep everything "original", others saw the need for improvements.

## **What is Wing Chun's "Nim Tao"? - Panther Wing Chun**

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

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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. The second section trains Fatt Ging (□□).

## **Siu Nim Tao - Wikipedia**

To summarize:  
regardless being basic,

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Siu Lim Tao is very important. It is a foundation of Wing Chun, and you can not progress unless you master it. Siu Lim Tao is an excellent little set of techniques, and it takes very short time, so do not hesitate to include it to your daily warm-up routine, and you will benefit greatly. Contents of the ...

**Introduction to Sil  
Lim Tao - Wing Chun**

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# Download Ebook Siu Nim Tau Wing Chun **Journey**

Siu Nim Tao is considered the fundamental form in which all other forms are built upon. This is due to the fact that Siu Nim Tao focuses on structure, posture and stance, and are widely recognized as the three most important aspects of Wing Chun. Proper Siu Nim Tao stance is defensive, feet faintly pigeon-toed,

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## **First Form of Wing Chun, Siu Nim Tao**

### **□□□ - Wing Chun ...**

The Hidden Power Of  
Siu Nim Tao by Chu  
Shong Tin Learn the  
insights, history,  
training methods and  
inspiration from the  
greatest proponents  
and supporters of Wing  
Chun. All lineages, any  
style... simple and  
effective. In The  
Beginning My master  
Yip Man first started

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teaching Ving Tsun in Hong Kong at the Restaurant Worker's Union Association.

## **Siu Nim Tau - International Wing Chun Academy**

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

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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.

## **Chu Shong Tin's Sil Lim Tao #1 | International Wing Chun ...**

Demonstration Siu Lim  
Tao, Ip Man Lineage.

## **Siu Lim Tao Explained | My Way**

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# Download Ebook Siu Nim Tau Wing Chun **of Wing Chun**

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

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different from lineage  
to lineage. First Section  
# Both (Seung)(□) 1 □□  
Hoi Sik Opening the  
form 2...

## **WHAT IS NIM TAO? - Nim Tao Wing Chun**

Sil Lim Tau is the first  
of the hand forms of  
Wing Chun Kung Fu. All  
the basic hand  
movements used in  
Wing Chun are  
contained in Siu Nim  
Tao. There is minimal  
leg movement in the

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form; the feet only move to set up the stance in the initial movements.

## **Siu Lim Tao Ip Man Wing Chun Kung Fu - YouTube**

Siu Nim Tao or Siu Lim Tao is the first open-hand form, or taolu, of Wing Chun kung fu. The name is a transcription of the Cantonese pronunciation of the Chinese characters

"**小念**" (Pinyin: xiǎo niàn

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tóu/jyutping: siu2 nim6 tau4).Several other versions of the name are used by different organisations. The second form is called Chum Kiu

## **Siu Nim Tao - Nim Tao Wing Chun**

Slowed down some of the video and silenced the audio

## **Wing Chun - Wong Shun Leung - Siu Lim Tau - slow -**

# Download Ebook Siu Nim Tau Wing Chun **YouTube**

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 Wing Chun's 'Power of Relaxation'. The three most basic handwork of Wing Chun, the tan sau, bong sau and fook sau, form part of the arc of a circle or

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## **Wing Chun Kun Fu Siu Lim Tao**

WHAT IS NIM TAO? Nim Tao comes from the Wing Chun form name Siu Nim Tao (Little Idea). The Cantonese term 'Nim' means 'Mind' and 'Tao' means 'Study'. When they are combined they mean 'Idea'.. Grandmaster Chu believed the purpose of the Siu Nim Tao form was to

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“uncover the existence of Idea Power.”. The term Nim Tao encapsulates other words like intent, thinking and ...

## **Wing Chun Sil Lim Tao (Siu Nim Tau) First Form Basics ...**

WING CHUN NZ -  
OFFICIAL WEBSITE - Siu  
Nim Tao - NZ Wing  
Chun, Wing Chun  
KungFu for health  
fitness and self  
defence.

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## **WING CHUN NZ - OFFICIAL WEBSITE - Siu Nim Tao**

And so the functions of each section are amalgamated to form Siu Nim Tao. The second Wing Chun form uses Siu Nim Tao function in addition with the body mass to mobilize the power from within. Thus Chum Kiu is marked by its usage of the body's movement, Siu Nim



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Tao has no movement,  
one just stands there  
and does the form.