

# 幼兒詠春初級班

課程由專業導師教授，通過拆解詠春套路的基本使用方法，讓幼兒進行訓練項目。同時，課堂中安排對練，增加課堂樂趣，強化雙手協調和反應速度，培養溝通和默契，提升專注力。

課程內容：

- ✦ 武術的禮儀
- ✦ 詠春套路小念頭
- ✦ 詠春基本功練習，如馬步、拳法、腿法等
- ✦ 套路招式拆解（單練及對練）
- ✦ 擊靶（反應練習）

★★教學內容均配以短片，方便學生在回家後複習和練習。



## Junior Wing Chun Course

This course is taught by professional instructors who break down the basic usage of Wing Chun techniques and create training programs for young children. The course also includes partner training to increase classroom fun, strengthen hand coordination and reaction speed, cultivate communication and teamwork skills, and improve concentration.

Course highlights:

- ✦ Etiquette of Martial Arts
- ✦ Introduction to the Wing Chun Siu Nim Tao form
- ✦ Practice of Wing Chun fundamental techniques, such as stance, punching techniques, kicking techniques, etc.
- ✦ Breakdown of techniques (solo and partner training)
- ✦ Target Hitting (Reaction Training)
- ★★ Teaching materials will be supplemented with short videos for students to review and practice at home.