



詠春

WING CHUN

PROMOTION TO LT GREEN SASH

LAST NAME:

FIRST NAME:

AGE:

DATE OF TESTING:

APPLICATION DUE 2 DAYS BEFORE TEST DATE BY 7:30 PM:

TESTING TIME

TESTING FEE: Check the appropriate fee rate

\$60 if turned in **before** 7:30pm on application due date

\$85 if turned in **after** 7:30pm on application due date

Additional fees to attend NON-regular testing

+\$10 for Make up test

+\$20 for Private test by appointment, see office

TERMINOLOGY QUIZ - ANSWER BELOW

1.) What is the name of your form?

What does "Chein Loc Sic" mean?

3.) What is "Pie Jarn" _____

4.) What does the creed say we should do to our fellow students??

5.) Who is the founder of the Wing Chun Kung Fu system?

6.) Who told Wing Chun to strictly honor the Kung Fu Traditions?

7.) What does "Sheng" mean? _____

8.) Who taught your Sigung Wing Chun?
_____ and _____

for judges only

HAND TECHNIQUE

BIU SAU - Thrusting Fingers

Proficient Needs Work Not learned

LOP SAU - Pull off balance

Proficient Needs Work Not learned

PIE JARN - Horizontal Elbow Strike

Proficient Needs Work Not learned

TOK SAU - Lifting Hand at Elbow

Proficient Needs Work Not learned

FORM: CHUM KIU

1ST SECTION

Proficient Needs Work Not learned

PARTNER DRILLS

ONE STEP #13 HIGH PUNCH

(step 45° L) R BIU SAU

SHENG LOP, R PIE JARN

Proficient Needs Work Not learned

ONE STEP #14 MIDDLE PUNCH

(forward R) R JUT SAU

(simultaneous) L TOK SAU

Switching to L JUT SAU

(simultaneous) R BIU JIE

Proficient Needs Work Not learned

ONE STEP #15 HIGH PUNCH

(pivot L) R BIU SAU

(simultaneous) L HIGH PUNCH

Switching to L JUT SAU

R JING CHEUNG

L JING CHEUNG

R JING CHEUNG

Proficient Needs Work Not learned

RESULTS

PASS

HOLD

RETEST