



# 詠春

## WING CHUN

### PROMOTION TO PURPLE 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

☐ **\$75** if turned in **before** 7:30pm on application due date

☐ **\$100** 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.) One of Wing Chun's main distinguishing points from other martial arts is its famous: \_\_\_\_\_ fist.
- 2.) Using a vertical Wing Chun punch, the fighter can easily generate a great amount of power from very \_\_\_\_\_ distances.
- 3.) It is crucial that the arm remains \_\_\_\_\_ when throwing a punch until the very last few inches before reaching the target.
- 4.) The Wing Chun chain punch is generated by holding the hands in the \_\_\_\_\_ as we create the punch by pushing the punches forward by the elbow.
- 5.) One should aim to reach \_\_\_\_\_ punches a second to ensure an incessant attack on the opponent.
- 6.) Chain punching becomes like a machine gun as

*for judges only*

### CONDITIONING: DUMMY

### CONDITIONING: IRON PALM

LEVEL 1 WITH COUNT 1-12 IN CANTONESE

Proficient Needs Work Not learned

### FORM: SIU LIM TAO

Proficient Needs Work Not learned

### FORM: CHUM KIU

Proficient Needs Work Not learned

### FORM: BIU JEE 1ST SECTION

Proficient Needs Work Not learned

### FLOW DRILL: DAN CHI SAU

### BONG LOP WITH CHANGES

Proficient Needs Work Not learned

### BIE JEE SAU - Fingertip Strike

Proficient Needs Work Not learned

### PARTNER DRILLS

ONE STEP #23 R HIGH PUNCH

R **JUT SAU** to inside of wrist

Simultaneous L **Punch** to face

And R **Biu Sau** to opponent's

L arm

ONE STEP #24 L Middle Punch

R **Bong Sau**, L **Woo Sau**

L **Bui Jee** under his punch

L **Lop Sau**

R **Lan Sau** with

L **Pie Jarn** to face

ONE STEP #25 R Middle Punch

L **Bong Sau**

R **Biu Jee**

R **Lop Sau** with

L Low **Palm** to ribs

Proficient Needs Work Not learned

### RESULTS

PASS

HOLD

RETEST