



# 詠春

## WING CHUN

# PROMOTION TO YELLOW 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

\$45 if turned in **before** 7:30pm on application due date

\$70 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.) Translate **Siu Lim Tao**: \_\_\_\_\_

2.) Count to 5 in Cantonese: \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

3.) What side punches first in Siu Lim Tao?  
\_\_\_\_\_

4.) How do you say "getting into ready stance" in Cantonese?  
\_\_\_\_\_

5.) **Gong Lik**: the first 55 moves of Siu Lim Tao translates as "  
Building the \_\_\_\_\_

6.) Who is your **Sigung**? \_\_\_\_\_

7.) What is **Lin Wan Keun**? \_\_\_\_\_

8.) What does **Wong Sic** mean? \_\_\_\_\_

*for judges only*

### HAND TECHNIQUE

FROM: Gee Kim Yeung Ma, Training stance

#### ZET KUEN - Punch

Proficient Needs Work Not learned

#### LIN WAN KUEN - Chain Punch Sets

Proficient Needs Work Not learned

#### FOOK SAU - Bridge on Arm

Proficient Needs Work Not learned

#### HUEN SAU - Circling Hand

Proficient Needs Work Not learned

#### WU SAU - Guarding Hand

Proficient Needs Work Not learned

#### JING CHEUNG - High Vertical Palm

Proficient Needs Work Not learned

### FORM: SIU LIM TAO

1ST SECTION: GONG LIK 1-55

Proficient Needs Work Not learned

### PARTNER DRILLS

#### ONE STEP #1 LOW PUNCH

GAAN SAU, INSIDE & OUTSIDE

Proficient Needs Work Not learned

#### ONE STEP #2 MIDDLE PUNCH

PAK SAU, INSIDE & OUTSIDE

Proficient Needs Work Not learned

#### ONE STEP #3 HIGH PUNCH

JUM SAU, PUNCH

Proficient Needs Work Not learned

#### ONE STEP #7 MIDDLE PUNCH

TAHN SAU, INSIDE & OUTSIDE

Proficient Needs Work Not learned

## RESULTS

PASS

HOLD

RETEST