



WHITE TIGER
WING CHUN
PROMOTION TO
BLUE SASH

LAST NAME:

FIRST NAME:

AGE:

DATE OF TESTING:

APPLICATION DUE: 2 days before test date before 7:30

TESTING TIME:

TESTING FEE: Check the appropriate fee rate

- \$70 if turned in **before** 7:30 on application due date
 \$95 if turned in **after** 7:30 on application due date
 \$90 for private test by appointment, see office

TERMINOLOGY QUIZ - ANSWER BELOW

1. A Wing Chun fighter always faces the opponent:
_____.

2. Whereas in western boxing and several other systems, the fighter will have one hand/shoulder as the
_____.

3. In Wing Chun, however, the fighter can react equally with _____ hand.

4. In Wing Chun the fighter is not restricted in reach or
_____.

5. In Wing Chun, a lead leg does not mean a
_____ side.

6. The square nature of Wing Chun's facing posture makes protection of the _____ much easier and natural while enabling the Wing Chun practitioner to spring into a leading stance on either side of the attack.

**do not write in the box below
- for judges only**

CONDITIONING: IRON PALM

Level 1, with count 1-8 in Cantonese, alternating R hand, L hand, for 3 sets

Proficient Needs Work Not learned

FORM: SIU LIM TAO

Proficient Needs Work Not learned

FORM: CHUM KIU

Proficient Needs Work Not learned

FLOW DRILL: DAN CHI SAU

With partner - one side only, continuous movement

Proficient Needs Work Not learned

PARTNER DRILLS

One step #19 - Middle Punch

(step 45° L), Big Ma Step,

Double Lop Sau

L Pull head backward/

thumb in eye ridge (GB1)

R **Punch** to throat (ST9)

One step #20 - Low punch

(Pivoting back) L Inside Low **Bong Sau**

R **Lop Sau**, L **Back fist**

One step #21 - High punch

(step 45° L), L **Pak Sau**,

R **Kick** to outside of

opponent's R knee, step down to

L Kick to back of their L knee, while

hand on shoulders pulling backward

One step #22 - Both hands lunging at

neck. Both hands **Huen Sau** from out to in.

Both hands **palm strike** to the chest

Proficient Needs Work Not learned

RESULTS
PASS HOLD RETEST