



詠春

WING CHUN

PROMOTION TO BLUE 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

\$70 if turned in **before** 7:30pm on application due date

\$95 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.) 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, the lead leg does not mean a
_____ slide.
- 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.

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)

Proficient Needs Work Not learned

ONE STEP #20 LOW PUNCH

(Pivoting Back) L Inside Low, **Bong Sau**
R **Lop Sau, L Back Fist**

Proficient Needs Work Not learned

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.

Proficient Needs Work Not learned

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