



詠春

WING CHUN

PROMOTION TO BROWN 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

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

\$110 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.) With two-way energy, a Wing Chun practitioner can use his opponent's force _____ him.
- 2.) When a Lop Sau is combined with a strike, the result is a _____ impact.
- 3.) What does **Cheun Ma** mean? _____
- 4.) When using two-way energy the practitioner must balance the motion without a _____ or _____.
- 5.) What does **Yu Ma** mean? _____
- 6.) Once the practitioner develops the generation of power coming from their _____, they will be able to Lop Sau much bigger & stronger opponents with a coordinated strike which can be devastating.

for judges only

HAND TECHNIQUE

FORM: SIU LIM TAO

Proficient Needs Work Not learned

FORM: CHUM KIU

Proficient Needs Work Not learned

FORM: BIU JEE

Proficient Needs Work Not learned

PARTNER DRILLS #4 - 28

ONE STEP #29 R HIGH PUNCH

(Step 45° L) R Bong Sau, Sheng Lop Sau
R Uppercut using a Phoenix
Punch, striking the spleen, gall
bladder, liver crossing

Proficient Needs Work Not learned

ONE STEP #30

Facing opponent, walk toward while placing R hand on his R shoulder, your L hand secures the back of his R elbow. Use your R foot to sweep opponent's R leg back to trip him to the ground. Then R punch to the head

While standing up.
R Fak Sau to the inside
L Woo Sau, L Wang Cheung
simultaneous with R Lop Sau,
L Jut Sau simultaneous
R Wang Cheung
R Jut Sau simultaneous
L Wang Cheung
L Jut Sau simultaneous
R Wang Cheung

Proficient Needs Work Not learned

RESULTS

PASS HOLD RETEST