



詠春

WING CHUN

PROMOTION TO GOLD 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

☐ \$50 if turned in **before** 7:30pm on application due date

☐ \$75 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 **Fatt Ging**: _____

2.) Count to 10 in Cantonese: _____,

_____, _____, _____,

_____, _____, _____,

_____, _____, _____

3.) What does **Cheun Ma** mean? _____

4.) How do you say "**Sinking Hand**" in Cantonese?

5.) What does **Loke** mean? _____

6.) What is **Outside Knife**? _____

7.) What is **Gumm Sic**? _____

8.) Be _____ to uphold the _____

of a genuine _____..

for judges only

HAND TECHNIQUE

FROM: Gee Kim Yeung Ma, Training stance
Cheun Ma, Turning Stance (outside)

GUM SAU - Pressing Hand

Proficient Needs Work Not learned

LAN SAU - Bar Arm

Proficient Needs Work Not learned

JUM SAU - Forearm Block

Proficient Needs Work Not learned

FAK SAU - Outside Knife

Proficient Needs Work Not learned

JUT SAU - Sinking Hand

Proficient Needs Work Not learned

BIE JEE SAU - Fingertip Strike

Proficient Needs Work Not learned

FORM: SIU LIM TAO

1ST & 2ND SEC: GONG LIK/FATT GING 1-71

Proficient Needs Work Not learned

PARTNER DRILLS

ONE STEP #4 LOW PUNCH

GUM SAU, PUNCH

Proficient Needs Work Not learned

ONE STEP #5 MIDDLE PUNCH

LAN SAU, FAK SAU

Proficient Needs Work Not learned

ONE STEP #6 HIGH PUNCH

JUM SAU, PUNCH

Proficient Needs Work Not learned

ONE STEP #7 MIDDLE PUNCH

JUT SAU, BIU JEE

Proficient Needs Work Not learned

ONE STEP #8 HIGH PUNCH

TIE SAU, JING CHEUNG

Proficient Needs Work Not learned

RESULTS

PASS

HOLD

RETEST