



詠春

WING CHUN

PROMOTION TO GREEN 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

\$65 if turned in **before** 7:30pm on application due date

\$90 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.) What is the area called located inside the outside shoulder lines? _____

2.) What is the area called located outside the outside shoulder lines? _____

3.) Wing Chun rarely kicks above which Gate?

4.) What Zone is used primarily for kicking?

5.) One is vulnerable to knee strike in which zone?

6.) Which Zone is for close range weapons use?

7.) What is **Sheng Lop Sau**? _____

8.) What is **Sup Yut**? _____

for judges only

CONDITIONING: IRON PALM

LEVEL 1 with count 1-4 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

1ST AND 2ND SECTION

Proficient Needs Work Not learned

FLOW DRILL: BONG LOP

With Partner - one side only.
Continuous Movement

Proficient Needs Work Not learned

PARTNER DRILLS

ONE STEP #16 HIGH PUNCH

L Lan Sau, L Front Kick to Knee Followed by 3 Chain Punches, R L R

Proficient Needs Work Not learned

ONE STEP #17 MIDDLE PUNCH

(Step 45° L) R Bong Sau & Wu Sau,
R Lop Sau
(simultaneous) L Punch

Proficient Needs Work Not learned

ONE STEP #18 MIDDLE PUNCH

(Step 45° L) R Bong Sau
Sheng Lop Sau
Uppercut

Proficient Needs Work Not learned

RESULTS

PASS

HOLD

RETEST