



# 詠春

## WING CHUN

# PROMOTION TO ORANGE 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

\$55 if turned in **before** 7:30pm on application due date

\$80 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 **Gay Boon Sau Fa**: \_\_\_\_\_
- 2.) When was Sifu Ip Man Born?: \_\_\_\_\_,
- 3.) Where did Ip Man study Wing Chun at age 6?  
\_\_\_\_\_
- 4.) How do you say "Pulling Arm" in Cantonese?  
\_\_\_\_\_
- 5.) What does **Sup Yut** mean? \_\_\_\_\_
- 6.) When did Sifu Ip Man pass away? \_\_\_\_\_
- 7.) What is **Chahng Sic**? \_\_\_\_\_
- 8.) Be \_\_\_\_\_ and \_\_\_\_\_ in  
Serving the \_\_\_\_\_ and honoring the  
\_\_\_\_\_.

*for judges only*

### HAND TECHNIQUE

**WANG CHEUNG - Sideways knife to neck**

Proficient Needs Work Not learned

**DAI CHEUNG - Sideways low palm strike**

Proficient Needs Work Not learned

**BONG SAU - Wing Arm**

Proficient Needs Work Not learned

**FAn CHEUNG - Palm, fingers point down**

Proficient Needs Work Not learned

**TUET SAU - Clearing Hand**

Proficient Needs Work Not learned

**LOP SAU - Pulling Arm**

Proficient Needs Work Not learned

### FORM: SIU LIM TAO

1st, 2nd, 3rd - All Sections Moves 1-124

GONG LIK / FATT GING / GAY BOON SAU

Proficient Needs Work Not learned

### PARTNER DRILLS

**ONE STEP #9 HIGH PUNCH**

(STEP 45° R) L **TAN SAU**

R **WANG CHEUNG**

Proficient Needs Work Not learned

**ONE STEP #10 MIDDLE PUNCH**

(STEP 45° R) L **PAK SAU**

R **DAI CHEUNG**

Proficient Needs Work Not learned

**ONE STEP #11 MIDDLE PUNCH**

(STEP 45° L) R **BONG SAU**

(STEP 45° R) R **FAN CHEUNG**

Proficient Needs Work Not learned

**ONE STEP #12 HIGH PUNCH**

(PIVOT R) R **BONG SAU**

L **LOP SAU**, R **PUNCH**

Proficient Needs Work Not learned

### RESULTS

PASS

HOLD

RETEST