



# 詠春

## WING CHUN

## PROMOTION TO RED 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

☐ **\$80** if turned in **before** 7:30pm on application due date

☐ **\$105** 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.) In the guard position the hands are placed at the centerline in front of the \_\_\_\_\_
- 2.) If there is a gap between the hands then the centerline will be \_\_\_\_\_
- 3.) In the guard position, \_\_\_\_\_ is vital.
- 4.) If the Wu Sau is too close, it can be \_\_\_\_\_ to the body.
- 5.) What does **Mann Sau** mean? \_\_\_\_\_
- 6.) If a gap between the Mann Sau and the Wu Sau is too small, both arms can be taken out in an attack as if they lose \_\_\_\_\_ and expose the practitioner to finger Chui-na.
- 7.) What is "**Chin-Na**"? \_\_\_\_\_

*for judges only*

### FORM: SIU LIM TAO

Proficient Needs Work Not learned

### FORM: CHUM KIU

Proficient Needs Work Not learned

### FORM: BIU JEE 1st & 2nd

Proficient Needs Work Not learned

### FLOW DRILL: CHI SAU Position 1

Proficient Needs Work Not learned

### PARTNER DRILLS #4 - 28

#### ONE STEP #26 R Middle Punch

Pivot R foot back L **Double Gau Sau** to outside  
L **Pak Sau** to knock opponent's  
R arm down

Simultaneous R **Punch (Gum Da)**

Proficient Needs Work Not learned

#### ONE STEP #27 L Middle Punch then R Middle Punch

R **Huen Sau** to inside

L **Gum Sau** to pin opponent's R  
punch

Proficient Needs Work Not learned

#### ONE STEP #28a R HIGH PUNCH

R **Fak Sau** with **Woo Sau** to the  
outside, hitting under armpit

Proficient Needs Work Not learned

#### ONE STEP #28b L HIGH PUNCH

R **Fak Sau** with **Woo Sau** to the  
inside, hitting side of the neck.  
Follow with 3 **Chain Punches**

Proficient Needs Work Not learned

### RESULTS

PASS

HOLD

RETEST