



社学春咏

International Wing Chun Organization

Examination book

Beginner 1st Kup



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Solo exercises – Form			
1	Siu Nim Tao	Siu Nim Tau Form (half form, up to Double Lan Sao)	
Solo exercises - Hand Techniques			
1	Changing guard	With Man Sao Wu Sao on YJKYM stepping	
2	Double Jik Kuen	Vertical straight punch named Yat Jee Chung Kuen	
3	Palm Strikes	1	Chung Jeung
		2	Wang Jeung
		3	Fan Jeung
4	Tan Da	Tan Sao-Jik Kuen drilling	
5	Pak Da	Pak Sao-Jik Kuen drilling	
6	Gaun Da	Gaun Sao-Jik Kuen drilling	
8	Wu Sao & Fak Sao	Wu Sao – Fak Sao drilling	
9	Wu Sao-Bong Sao	Bong Sao drilling (the other hand goes to the position of Wu Sao)	
Solo exercises - Footwork			
1	Charge in footwork	From YKJYM charge in with Biu Bo double Jik Kuen	
Two men exercises - Hand Techniques			
1	From YJKYM	1	Outside Jik Kuen vs outside Jik Kuen
		2	Outside Tan Da vs straight boxing punch
		3	Pak Da vs Jik Kuen
		4	Pak Da vs Pak Da
		5	Outside Gaun Da vs low straight boxing punch
		6	Outside Bong Sao vs Jik Kuen
		7	Outside Fook Sao vs Jik Kuen
Two men exercises - Drills			
1	Bong Sao (inside & outside) → Lap-Fak vs straight boxing punch	a	Right straight boxing punch to center Left Bong Sao Bong Sao, Left Lap Sao → Right Fan Sao, repeat on inside also



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2	Bong Sao → Lap Sao-Fak Sao	a	Left Jik Kuen	Right Bong Sao-left Wu Sao → left Wu Sao change to left Lap Sao-right Fak Sao
		b	Use Right Wu Sao to defend the Right Fak Sao	Right Lap Sao-left Fak Sao
		c	Use Left Wu Sao to defend left Fak Sao	Lap Sao-Fak Sao cycle
3	Tan Sao → Pak Da vs double punches (two extremes concept; Tan - Pak completed by one hand)	a	Right straight boxing punch to center	Right Tan Sao
		b	Left straight boxing punch to center	YJKYM to the side, right Pak Sao-Left Jik Kuen
4	Fook Sao → Tan Da vs double punches	a	Left straight boxing punch to center	Right Fook Sao
		b	Right straight boxing punch to center	Right Tan Sao-left Jik Kuen
5	Tan Sao → Lap Da vs straight boxing punch	a	Left straight boxing punch to center	Left Tan Sao → left Lap Sao-Right Jik Kuen
6	Fook Sao → Wu Da vs straight boxing punch	a	Left straight boxing punch to center	Right Fook Sao → swap the right Fook Sao with left Wu Sao-right Jik Kuen
8	Bong Sao (On opponent's inside gate, i.e cross Bong Sao) → Pak Sao-Fak Sao vs straight boxing punch	a	Left straight boxing punch to center	Left Bong Sao-right Wu Sao → Charge in footwork left Pien Sun Ma to the side, right Pak Sao-left Fak Sao
Two men exercises - Free fighting				
1	One Punch Attack	Defender apply techniques from YJKYM like bridging and footwork to handle the attack.		
Chi Sao				
1	Dan Chi Sao	Single sticky hand, relaxed and with full power		
2	Poon Sao (also named as Luk Sao, Sheung Chi Sao) - Proper structure and use of Tan Sao, Bong Sao & Fook Sao and listen to partner's energy			



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3	Realizing favorable or vulnerable position	Single attack (Center palm from Tan Sao position; Jik Kuen from Fook Sao position) if one feels the partner is not guarding well and loss in structure
Theory		
1	Static elbow / Immovable Elbow	
2	Striking and defense strategy	<ol style="list-style-type: none"> 1. Lin Siu Dai Da (i.e defending while attacking) 2. Sin Siu Hou Da (i.e defend first and attack afterward) 3. Siu Da Tong Bo (i.e simultaneous defense and attack)
3	Wing Chun history	
4	Genealogy of the IWCO School	
5	Chung Seen & Jee Ng Seen centerline	
6	Division of the body, 4 gates	