



社学春咏

International Wing Chun Organization

Examination book

Beginner 2nd Kup



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Solo exercises – Form				
1	Siu Nim Tao	Siu Nim Tao Form (complete form)		
Solo exercises - Hand Techniques				
1	Jut Sao (wrist down)	Tan Sao → Huen Sao → Jut Sao drilling		
2	Jut Sao (wrist pull back)	Biu Sao → Jut Sao drilling		
3	Huen Sao → Fan Lap	Jik Kuen → Huen Sao → Fan Lap drilling		
4	Kau Sao	Tan Sao → Kau Sao → Low side palm drilling		
5	Double Ding Sao	Double Ding Sao from low to high		
6	Biu Sao	From fists to the side on YJKYM		
7	Pre-Fighting Posture	With Man Sao Wu Sao on YJKYM		
Solo exercises - Footwork				
1	Juen Ma	1	Turning 45 degree on heels with fists to the side	
		2	Turning 45 degree on heels with Jik Kuen	
		3	Turning 45 degree on heels with Tan Da	
		4	Turning 45 degree on heels with Gaun Da	
		5	Turning 45 degree on heels with Bong Sao Wu Sao	
		6	Turning 45 degree on heels and change guard	
Anti-Grappling				
1	By Tan Sao vs single grab	a	Using right hand to grab on partner B's right wrist	Right Tan Sao → left Pak Sao-right Wang Jeung (elbow sunk and turning in with forward energy)
2	By Huen Sao vs single grab	a	Using right hand to grab on partner B's right wrist	Right Huen Sao → right Chung Jeung (elbow sunk and in with forward energy)
3	By Gum Sao vs single grab	a	Using right hand to grab on partner B's left wrist up	Left Gum Sao → left Fan Lap (arm straight down)
4	Tui Sao vs Single grab	a	Using right hand to grab on partner B's right wrist	Left Tui Sao



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Two men exercises - Hand Techniques			
1	From YJKYM	1	Jum Sao vs straight boxing punch to center
		2	Outside Pulling Punch vs outside Pulling Punch
		3	Ding Sao vs long range straight punch
		4	Gum Sao vs long range straight punch
Two men exercises – Drills			
1	Pak Sao (outside gate) → Jut Da vs Jik Kuen	a	Right Jik Kuen Left Pak Sao → left Jut Sao (finger grip down)-right Jik Kuen
		b	Left Pak Sao → left Jut Sao (finger grip down)-right Jik Kuen
2	Inside Tan Sao → Huen Sao → Jut Da vs straight boxing punch	a	Left straight boxing punch to the side left side of the center Inside right Tan Sao → right Huen Sao out to outside gate → right Jut Sao (finger grip down)-left Jik Kuen
3	Kau Sao → low side palm vs straight boxing punch	a	Left straight boxing punch to center Outside right Tan Sao → right Kau Sao → right low side palm
4	Pulling punch inside gate vs straight boxing punch	a	Left straight boxing punch to center Right Jik Kuen → left and right Pulling punch
5	Pak Sao → Kau Da vs straight boxing punch	a	Right straight boxing punch to center Right Pak Sao (on inside gate) YJKYM footwork to the side, Right Kau Sao to outside gate-left Jik Kuen
6	Pushing upon wrist	a	Sitting on YJKYM with 2 arms placing in the centre forming a triangle (viewed from top) Press and push on partner A's wrists
Two men exercises - Free fighting			
1	Two Punches Attack	Defender apply whatever techniques like bridging, footwork and angle to handle the attack.	
Chi Sao			
1	Jut → Da (single hand movement)	From Low Fook Sao → Jut Sao → Punch, the other hand keep control in the position of Bong Sao	
2	Jut Sao - Chung Jeung	From left high Fook Sao → left Jut Sao-right Chung Jeung	
3	Oi Kau Sao → Dai Jeung	From Low Fook Sao → Kau Sao → Dai Jeung, the other hand keep control in the position of Bong Sao	



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4	Noi Pak Sao-Jik Kuen	From left low Fook Sao → left Pak Sao-right Jik Kuen (Pak Sao on opponent's inside gate)
5	Oi Pak Sao-Jik Kuen	From left Tan Sao → left Huen Sao → left Pak Sao-right Jik Kuen (Pak Sao on opponent's outside gate)
6	Tan Sao - Jik Kuen	From left high Fook Sao-right Tan Sao → left Tan Sao-right Jik Kuen (change hand position during Poon Sao in order to train Huen Sao)
7	Lap Sao - Fak Sao	From left low Fook Sao → left Oi Lap Sao on partner's left arm outside gate-right Fak Sao
8	Gum/Kau Sao-Chuen Sao → Lap Sao-Fak Sao	From right Bong Sao → right Kau Sao-left Chuen Sao → left Oi Lap Sao on partner's left arm outside gate-right Fak Sao (Swap Hand with Kau Sao-Chuen Sao)
Theory		
1	Not use force against force	
2	Lut Sao Jik Chung	Charge straight when free
4	Facing	
5	Understanding the 12 hand to hand situations	