



社学春咏

International Wing Chun Organization

# Examination book

## Intermediate 3rd Kup



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Solo exercises – Form		
1	Siu Nim Tao form on solo leg	On Guard Position → Chuen Kiu-Front Kick → Performing the whole Siu Nim Tao form on one leg posture
2	Chum Kiu	Chum Kiu Form (Seeking Bridge) - up to 1st section
Solo exercises - Footwork		
1	Pien Sun Kuen	Turning Stance Pien Sun Kuen
2	Stretch Arrow Jik Kuen	Stretch Arrow Jik Kuen on Ching Sun Ma & Yee Jee Kim Yeung Ma
3	Juen Ma	1 Turning 45° on heels with Lan Da
		2 180° turning of Ching Sun Ma with Double Lan Sao/Pai Jarn
		3 Turning 45° on heels with Kwan Sao
		4 Turning 45° on heels with Dai Bong Sao
4	Bong Sao	Advance & retreating with Bong Sao on basic Zig-zag patten footwork
5	Tor Bo Jik Kuen	Tor Bo double Jik Kuen - forward & backward
6	Biu Bo Jik Kuen	Biu Bo double Jik Kuen - forward & backward
Solo exercises - Kicks		
1	Ching Kirk (Front Kick) change guard	Ching Kirk drilling - Sitting on Yee Jee Kim Yeung Ma with right on-guard → Move left leg to center → left Chuen Kiu-right Ching Kirk
2	Wang Kirk (Side Kick) change guard	Wang Kirk drilling - Sitting on Yee Jee Kim Yeung Ma with right on-guard → Move left leg to center with side body Kwan Sao ready position → Kwan Sao-right Wang Kirk
3	Continuous Ching Kirk → Wang Kirk	Sitting on Yee Jee Kim Yeung Ma with right on-guard → Move left leg to centre → left Chuen Kiu-right Ching Kirk → turn to side body Kwan Sao-right Wang Kirk; Go back to Yee Jee Kim Yeung Ma with left on-guard → Move right leg to centre → right Chuen Kiu-left Ching Kirk → Turn to side body Kwan Sao-left Wang Kirk
Two men exercises - Hand Techniques		
1	Juen Ma	1 Lan Da vs high round house punch
		2 Bong Sao - Wu Sao vs Jik Kuen
		3 Outside Fook Sao vs Jik Kuen
		4 Outside Kwan Sao vs straight boxing punch
		5 Outside Gaun Sao vs mid Jik Kuen
		6 Jum Sao vs mid Uppercut



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2	YKJYM	1	Right Gam Sao vs left long bridge punch	
		2	Tok Jarn Jut Sao vs Jik Kuen	
		3	Inside spiral out punch vs straight boxing punch	
		4	Outside spiral in punch vs straight boxing punch	
Two men exercises - Drills				
1	Bong Sao → Lap Da Cycle	On Pien Sun Ma, 3 ways of turning		
2	Outside Pak Sao-Jik Kuen	a	Right Jik Kuen on Yee Jee Kim Yeung Ma	Left Pak Sao-right Jik Kuen (twist and spring waist on Pien Sun Ma)
		b	Left Jik Kuen on Yee Jee Kim Yeung Ma	Right On Guard → right Pak Sao-left Jik Kuen (twist and spring waist on Pien Sun Ma)
3	Lap Da-low Ching Kirk vs Jik Kuen	a	Left Jik Kuen on YJKYM	Left Lap Sao-right Jik Kuen -left low Ching Kirk
4	Jut Sao - low Jik Kuen → Chuen Kiu vs straight boxing punch	a	Right straight boxing punch to center	Outside left Jut Sao - low Jik Kuen →
		b	Left straight boxing punch to center	Zig-zag footwork left Chuen Kiu to block opponent's left Jik Kuen (outside gate) and continue attack
5	Double Gaun Sao vs Kwan Sao	a	Advance with triangular footwork with double Gaun Sao	Retreating Triangular footwork with Kwan Sao
6	Lap Sao Fak Sao vs straight boxing punch	a	Right straight boxing punch	Right Chuen Kiu → right Lap Sao left Fak Sao
7	Tan Sao low Bong Sao vs long Lap Sao Fak Sao	a	Partner A & B are in cross hand position (right hand to right hand)	
		b	Right long Lap Sao-left Fak Sao on left Pien Sun Ma	Left Tan Sao-right low Bong Sao on right Pien Sun Ma
8	Fook Sao swap hands vs straight boxing punch	a	Right straight boxing punch	Outside left Fook Sao → Biu Bo Tan Sao-Fak Sao (right Tan Sao-left Fak Sao)
9	Zig-zag footwork Lan Sao-low Jik Kuen vs Lap Sao	a	Partner A & B are in cross hand position (right hand to right hand)	
		b	Strongly pull partner B	Follow its force with left leg → Zig-zag footwork right Lan Sao-left low Jik Kuen

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10	Biu Bo - Pak Sao - Back fist	a	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position	
		b	Advance by Biu Bo left Pak Sao-right back fist on left Ching Sun Ma	
11	Chuen Kiu → Lap Da → Pak Sao-Pai Jarn → Juen Ma-Pai Jarn vs Jik Kuen	a	Right Jik Kuen on Ching sun Ma	Right Chuen Kiu (1st Gate) → Ching Sun Ma right Lap Sao-left Jik Kuen → step forward left Pak Sao (on elbow, 2nd gate)-right Pai Jarn on head
		b	Wu Sao block B's Pai Jarn	Juen Ma Lap Sao-Pai Jarn
Two men exercises - Free fighting				
1	Triple Punches Attack	Defender apply whatever techniques like bridging, footwork, angle & distancing to handle the attack. Knock out concept has to be applied.		
Chi Sao				
1	Tan Sao spiral out→high side palm	Biu Bo Tan Sao spiral out to strike high side palm Partner responds by Jum Sao to stop;		
2	Biu Bong Sao→high side palm	Biu Bo Bong Sao force out to strike high side palm → neck grappling-punch		
3	Outside Kwan Sao vs inside Pak Sao-Jik Kuen	From left low Fook Sao (spiral in & sneak to rear part of forearm) → left Pak Sao-right Jik Kuen; Partner responds by: Juen Ma Oi Kwan Sao		
4	Inside Kwan Sao vs outside Pak Sao-Jik Kuen	Continue from 3, Opponent outside Pak Sao-Jik Kuen, partner responds by Juen Ma inside Kwan Sao		
Theory				
1	Understanding the three gates of the arm			
2	Understanding front and side body centerline			
3	Principles of using kicks			