



社学春咏

International Wing Chun Organization

Examination book

Intermediate 4th Kup



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Solo exercises – Form			
1	Chum Kiu	Chum Kiu Form (Seeking Bridge - complete form)	
Solo exercises - Footwork			
1	Footwork - Complex Pattern Triangular Footwork	1 Bong Sao	
		2 Kwan Sao	
		3 Lap Sao-Jik Kuen	
		4 Wu Sao-Jik Kuen	
		5 Wu Sao-Fak Sao	
		6 Po Pai	
Solo exercises - Kicks			
1	Bong Kirk → Wang Kirk → Tan Kirk → Ching Kirk	Bong Kirk → Wang Kirk → Tan Kirk → Ching Kirk drilling	
Two men exercises – Inside Kwan Sao (Left Tan Right Bong)			
1	Inside Kwan Sao → Lap Sao-Backfist	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 Jik Kuen on left Ching Sun Ma	Retreat right leg by Triangular footwork Right Kwan Sao on right Ching Sun Ma ↓
		c	Left inside Lap Sao-right Backfist
2	Inside Kwan Sao → Left leak Outside Pak Sao-High side palm on inside	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 Jik Kuen on left Ching Sun Ma	Retreat right leg by Triangular footwork Right Kwan Sao on right Ching Sun Ma ↓
		c	Left leak outside Pak Sao-right high side palm on inside
3	Inside Kwan Sao → Po Pai	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 Jik Kuen on left Ching Sun Ma	Retreat right leg by Triangular footwork Right Kwan Sao on right Ching Sun Ma → Po Pai



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Two men exercises – Outside Kwan Sao (Left Tan Right Bong)			
1	Outside Kwan Sao → Lap Sao-Pheonix eye	a	Charge in left straight boxing punch to center on whatever stance Juen Ma right Kwan Sao on right Pien Sun Ma ↓
		b	Left Lap Sao-Pheonix eye fist
2	Outside Kwan Sao → double Lap Sao-So Kirk	a	Charge in left straight boxing punch to center on whatever stance Juen Ma right Kwan Sao on right Pien Sun Ma ↓
		b	Double Lap Sao - left So Kirk
Two men exercises – Defense against Round House Kick			
1	Kwan Sao-Wang Kirk vs High Round House Kick	a	High round house kick Move in by Triangular footwork inside Kwan Sao-Wang Kirk
2	Tan Kirk → Ching Kirk vs low small round house kick	a	Left small low round house kick Right Tan Kirk → Ching Kirk
3	Gaun Sao → Lou Sao-Fak Sao vs mid round house kick	a	Right mid round house kick Left Gaun Sao on right Pien Sun Ma → Move right leg (rear leg) Biu Bo left Lou Sao-right Fak Sao
Two men exercises – Defense against Front Kick			
1	Huen Kiu → Ching Kirk vs mid front kick	a	Right mid front kick Right Huen Kiu (outside) → left low Ching Kirk on A's rear leg
2	Gum Sao → Pak Da vs mid front kick → straight boxing punch	a	Left mid front kick Right Gum Sao on right Pien Sun Ma
		b	Charge in with right straight boxing punch Move right leg by Triangular footwork left Pak Sao-right Jik Kuen on left Ching Sun Ma
3	Low Pau Bong Sao → Dap Sao → Lap Da vs mid front kick → straight boxing punch	a	Left mid front kick Right low Pau Bong Sao on right Pien Sun Ma
		b	Charge in with right straight boxing punch to center Move right leg by Triangular footwork right Dap Sao → right Lap Sao-left Jik Kuen on left Ching Sun Ma
Two men exercises - Drills			
1	Lan Sao-Backfist vs high round house punsh	a	Right high round house punch Juen Ma left Lan Sao-right Backfist on right Pien Sun Ma



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2	Low Pau Bong Sao → Tan Sao → Lap Geng-Sut Ding → Ching Kirk vs low punch → high punch right Sut Ding to block	a	Left low punch	Right low Pau Bong Sao on right Pien Sun Ma
		b	Charge in with right Jik Kuen	Move right leg by Triangular footwork right Tan Sao → right Lap Geng-right Sut Ding
		c	Right Sut Ding to block → Low Ching Kirk	
3	Tor Bo-Yee Sun → Kwan Sao-Wang Kirk → Pak Sao-Ching Kirk vs powerful Round house punch	a	Charge in with powerful right round house punch	Diagonally Tor Bo to the left side (keep the distance) → Kwan Sao-right Wang Kirk
		b	Left straight boxing punch to center	Turn the hip to Pak Sao-low Ching Kirk on A's knee
4	Back step → Chuen Kiu-Ching Kirk vs powerful punch	a	Powerful right straight boxing punch	Back step to keep the distance → left Chuen Kiu on inside gate-right Ching Kirk on the knee of A's front leg
Two men exercises - Free fighting				
1	One kick punch and two punches attack	Defender apply techniques using bridging and footwork to handle the attack.		
Chi Sao				
1	Chi Kirk (Holding each other's arm)			
Theory				
1	Body unity			