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International Wing Chun Organization

# Examination book

## Intermediate 5th Kup



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Solo exercises – Form			
1	Chum Kiu Kicking form		
Solo exercises - Hand Techniques			
1	Tip Sun Tan Sao (i.e Ton Sao)-Fak Sao		
Solo exercises – Footwork			
1	Footwork - 4 Directional Footwork (move with rear leg)		
2	Up and down sliding stance in Chum Kiu (3 types of Bong Sao, Biu, Sae, Pao)		
Two men exercises – Grappling			
1	Lap Sao-Sai Jarn (or Jum Sao)	a	Both in cross hand (left arm to left arm), on right Ching Sun Ma ready position.
		b	Advance by Biu Bo right Pak Sao-left Jik Kuen on right Ching Sun Ma
		c	Move left leg to neutral position Juen Ma Right Bong Sao on right Pien Sun Ma↓  Left Lap Sao-right Sai Jarn (or Jum Sao) to control partner A's left rear arm (contra force has to be applied to get the grappling effect)
2	Floor Range Fighting Approach	a	After being taken down by opponent, use the centerline and facing principle to guard ourselves and find every opportunity to stand up again. Apply same centerline and facing principle.
Two men exercises - Entry Techniques			
1	Fak Sao	a	Charge in with Fak Sao, once the Fak Sao is blocked, apply the Chi Sao techniques
2	Chuen Kiu - Ching Kirk	a	Ching Kirk apply on opponent's thigh, continue with knock-out techniques in
3	Fak Sao-Wang Kirk	a	Entry from side, Wang Kirk can be high or low, continue with knock-out techniques
4	Fak Sao-Rear low front kick	a	Low front kick apply on opponent's shin, continue with knock-out techniques
5	Zig-zag footwork Chuen Kiu	a	First use Chuen Kiu to bridge but without pausing, use Zig-zag footwork to change angle to attack or bridge. If attack is successful, continue with knock out techniques
Two men exercises – Defense against high reverse spinning kick			
1	Biu Bo High Tan Kirk vs High Reverse spinning kick	a	Right high reverse spinning kick  Charge in with Biu Bo raise the right Tan Kirk-right Tan Sao to close the distance



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Two men exercises – Defense against Front Kick & Side Kick				
1	High Bong Kirk vs Mid Front kick or round house	a	Right Mid front kick or round house kick	Raise the right Bong Kirk-right Kwan Sao to defend
2	High Tan Kirk vs Mid Front kick or round house kick	a	Left Mid front kick or round house kick	Raise the right Tan Kirk-right Tan Sao to defend
3	Jit Kirk i.e. Stop kick vs Low Front kick or round house	a	Right Low front kick or round house kick	Stop Kick (low Ching Kirk or Wang Kirk whichever side)
Two men exercises - Drills				
1	Exercise on Spiral Force	a	Left Tan Sao	Right Fook Sao → Initiate attack spiral in Fook Sao
		b	Spiral out Tan Sao	Huen out low side palm
		c	Kau Sao	Huen out Wang Jeung
		d	Bong Sao → Elbow in straight Jik Kuen	Spiral in Jum Sao → Spiral out Jik Kuen
		e	Spiral out Biu Sao → Hanging punch	Bong Sao↓
		f	Left Fook Sao → Initiate attack spiral in Fook Sao	Right Tan Sao
2	Jum → Spiral out straight punch → Biu Bo Chain punches vs straight boxing punch	a	Right straight boxing punch to center	Right Jum Sao (opponent's inside gate) on right Pien Sun Ma
		b	Left straight boxing punch to center	Right Spiral out straight punch (opponent's inside gate) on Yee Jee Kim Yeung Ma → Biu Bo charge in on right Ching Sun Ma left Jik Kuen Chain punches
3	Por Bok Jeung → Ding Sao → Neck Pulling-Sut Ding → Pai Jarn vs Round house punch	a	Right round house punch	Right Por Bok Jeung (Shoulder Breaking Palm)-left Wu Sao on right Pien Sun Ma → right Ding Sao → right neck pulling hand-right Sut Ding → right Pai Jarn
4	Lan Da → Tan Sao(half Tan Sao)-Fak Sao (Tan-Fak to opponent's inside gate) vs Jik Kuen	a	Right hook punch	Left Lan Sao-right Backfist on right Pien Sun Ma
		b	Left straight boxing punch	Move the front leg to charge in on side stance, right Tan Sao-left Fak Sao



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Two men exercises - Take-downs			
1	Push and Pull the opponent's shoulder	a	Normal position to let B to practise the technique Right hand push A's left shoulder- left hand pull A's right shoulder
2	Bong Kirk→ Wang Kirk when opponent's leading leg is sensitive and with no weight	a	Left front leading leg is sensitive and with no weight (let B to practise the technique) Bong Kirk to sweep A's leading leg but it is so sensitive that B cannot sweep A down → B continuously do the Wang Kirk to kick A's leg
Two men exercises - Free fighting			
1	Use entry techniques to initiate attack, Chi Kiu Chi Da and knock out concept have to be applied	a	Defender use no more than 2 techniques to block
Chi Sao			
1	Spiral force in Chi Sao		Use heavy pressure during Pun Sao and use 2nd gate aggressive approach in Chi Sao