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International Wing Chun Organization

Examination book

Advanced 6th Kup



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Solo exercises - Kicks		
1	Solo leg stance continuous front and side kicking	Sitting on Yee Jee Kim Yeung Ma with right on-guard → Move left leg to centre → Left Chuen Kiu-Right Ching Kirk (High → Low → Left → Right) → Kwan Sao Wang Kirk (Turn body continuously do Wang Kirk (Repeat with other side)
2	Bong Kirk→Wang Kirk→Ching Kirk→Wang Kirk→Bong Kirk drilling	
Solo exercises - Side Body Techniques		
1	Tip Sun Lap Sao-Dai Kuen	Juen Ma (Pien Sun Ma, turning on tip toes) Tip Sun Lap Sao-Dai Kuen drilling (Lap Sao needs to be very close to the body, giving up any power on the arm)
2	Tip Sun Lap Sao-Tan Sao	Juen Ma (Pien Sun Ma, turning on tip toes) Tip Sun Lap Sao-Tan Sao drilling (Lap Sao needs to be very close to the body, giving up any power on the arm)
3	Tip Sun Lap Sao-Pau Kuen	Juen Ma (Pien Sun Ma, turning on tip toes) Tip Sun Lap Sao-Pau Kuen drilling (Lap Sao needs to be very close to the body, giving up any power on the arm)
4	Tip Sun Kwan Sao on Pien Sun Ma → High Wang Jeung-Fak Sao on YJKYM	Right On-guard position on Yee Jee Kim Yeung Ma → Juen Ma (right Pien Sun Ma, turning on tip toes) Tip Sun Kwan Sao → Turn back to Yee Jee Kim Yeung Ma right High Wang Jeung-left Fak Sao
Two men exercises - Side Body Techniques		
1	After Bong, Tan, Fook → Juen Ma-Lap Sao-Pai Jarn vs straight boxing punch	a Charge in with left leg-left straight boxing punch Juen Ma-left Lap Sao-right Pai Jarn on Partner A's left rear arm (grappling technique)
2	Tip Sun Lap Sao-Dai Kuen (On opponent's outside gate) vs strong Pak Da	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position a Biu Bo left Pak Sao-right Jik Kuen Follow the force, move rear leg to left hand side and turn on tip toes and sit on left Pien Sun Ma right Tip Sun Lap Sao-left Dai Kuen → Charge in with right leading leg, left Pak Sao-right Pai Jarn → right Lap Geng-right Sut Ding



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3	Tip Sun Lap Sao-Tan Sao (On opponent's inside gate) vs Jut Da	a	Partner A's two bridges on Partner B's outside gate sitting on Yee Jee Kim Yeung Ma	Partner B's two bridges on Partner A's inside gate sitting on Yee Jee Kim Yeung Ma
		b	Left Jut Sao-right Jik Kuen	Juen Ma (turn on tip toes) right Pien Sun Ma left Tip Sun Lap Sao-right Tan Sao (soft palm)
4	Sac Bong Sao → Juen Ma Pien Sun Ma Pau Kuen vs Strong force put on the Bong Sao (start from Lap Sao cycle)	From Lap Sao cycle position right short Lap Sao-Left Jik Kuen vs right Bong Sao-left Wu Sao		
		a	Exert strong force for left Jik Kuen	Absorb the force by turning stance to left Pein Sun Ma right Sac Bong Sao → Left ginger fist on A's elbow
5	Tip Sun Kwan Sao (On opponent's inside gate) vs Strong Pak Da	Both in cross hand (right arm to right arm), on Yee Jee Kim Yeung Ma ready position		
		a	Biu Bo left Pak Sao-right Jik Kuen	Follow the force, turn on tip toes and sit on right Pien Sun Ma right Tip Sun Kwan Sao → Charge in with left leading leg on right Ching Sun Ma, left high Wang Jeung-right Fak Sao
6	Ton Sao-Fak Sao → Jut Sao-Pai Jarn → Sut Ding vs Pak Sao-Jik Kuen	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position		
		a	Biu Bo left Pak Sao-right Jik Kuen	Move front leg back to left Pien Sun Ma right Ton Sao-left Fak Sao → left Jut Sao-right Pai Jarn → right Lap Geng-right Sut Ding
Two men exercises - Take-down				
1	Huen Bo Take-down (Reactive approach - absorbing force) (Huen bo)	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position		
		a	Advance by Biu Bo left Pak Sao-right Jik Kuen on left Ching Sun Ma	Juen Ma Tip Sun Lap Sao → right leg Huen Bo on A's right leg outside take down
2	Au Tan Take-down (sweeping leg)	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position		
		a	Advance by Biu Bo left Pak Sao-right Jik Kuen on left Ching Sun Ma	Right Huen Sao to A's inside gate → fold the right arm to charge in on left Ching Sun Ma → left leg hook sweep A's right leg take-down



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3	Fak Sao Take-down (tripping leg)	Both in cross hand (right arm to right arm), on left Ching Sun Ma ready position	
		a	Advance by Biu Bo left Pak Sao-right Jik Kuen on left Ching Sun Ma Swap stance, place the left leg to the back of A's right leg → left Fak Sao - right Lap Sao take-down
Two men exercises - Free fighting			
1	Use entry techniques to initiate attack	a	Use entry techniques to initiate attack, Chi Kiu Chi Da and knock out concept have to be applied. Defender use no more than 2 techniques to block
Chi Sao			
1	Tip Sun Kwan Sao	a	Biu Bo Tan Sao / Biu Bong Sao spiral out to strike high side palm / neck grappling Juen Ma Tip Sun Kwan Sao on opponent's inside gate → Wang Jeung-Fak Sao
2	Continuous kicks in Chi Sao	Both partners focus on leg attacks and defense without using hands.	
3	Twist wrist Take-down	Juen Ma Tip Sun Kwan Sao on opponent's inside gate → Wang Jeung-Fak Sao	
4	Kicks from Chi Sao: Pak Sao → Kwan Sao-Wang Kirk	a	From Tan Sao to Huen Sao out → Pak Sao (step to the side) Kwan Sao - Wang Kirk Juen Ma Gaun Sao sitting on Pien Sun Ma → Charge in on Ching Sun Ma Chain Punches
5	Chi Kirk	WITHOUT holding each other's arm	
Theory			
1	Principles for an effective take-down	1. Contra force (Push & pull, sideward and forward)	
		2. Uproot / Off-balance (central axle)	
		3. Sticky body	
		4. Tripping leg (Use the closest leg to trip)	