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International Wing Chun Organization

Examination book

Advanced 7th Kup



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Solo exercises - Form		
1	Short Form Biu Jee	Biu Jee short form
Solo exercises - Hand Techniques		
1	Shoulder Rotation Side Punch	Rotating the shoulder to punch on Yee Jee Kim Keung Ma. Shoulder should be turned to align the line of punch (similar to Pien Sun Kuen but only rotates the shoulder).
2	Ching Kirk charge in shoulder side punch and front double punch	Ching Kirk charge in simultaneously to launch a shoulder side punch and turn the shoulder back to the front to do a double punch in the front.
3	Biu Sao on YJKYM	Biu Sao Drilling
Solo exercises – Footwork		
1	Huen Bo	Huen Bo drilling
2	Biu Jee Sao on complex pattern triangular Footwork	Biu Jee Sao on complex pattern triangular footwork
3	Kup / Gwai Jarn	Kup / Gwai Jarn Drilling (YJKYM holding the fists to the side of the chest → Juen Ma left → right → triangular footwork forward → forward → backward backward YJKYM
4	Man Sao → Jarn Jum Sao → Spiral out punch	YJKYM holding the fists to the side of the chest → triangular footwork left Pien Sun Ma Left Man Sao → left Jarn Jum Sao left spiral out punch → triangular footwork right Pien Sun Ma Right Man Sao → right Jarn Jum Sao → right spiral out punch
5	Double Gaun Sao on complex pattern triangular footwork	Double Gaun Sao on complex pattern triangular footwork
Two men exercises - Footwork		
1	After Bong-Tan-Fok: Huen Bo Pak Da Throwing	a Charge in with right leg-right Jik Kuen Huen Bo with right leg behind the ankle of Partner A, left Pak Sao(pull) - right push to take down (has to be very close to Partner A)



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2	Huen Bo charge in shoulder side punch → development of any attack vs straight boxing punch	a	Charge in with Right straight boxing punch	Huen Bo charge in to launch a left shoulder side punch → Biu Bo Chain punches
3	Huen Ching Kirk (or Wu Kirk) charge in shoulder side Punch → development of any attack vs any attack (punch or kick)	a	Any attack (right punch or kick)	Left Huen Ching Kirk (or Wu Kirk in case the distance is not possible for a complete Ching Kirk) charge in together with left side shoulder punch → Biu Bo Chain punches
Two men exercises – Elbows				
1	Pak Sao → Gwai Jarn → Kup Jarn	a	Right straight boxing punch to center	Right Pak Sao on right Pien Sun Ma (on partner A's inside gate) → Triangular footwork forward on left Ching Sun Ma left Gwai Jarn to partner A's right arm → Tor Bo right Kup Jarn to partner A's face
2	Tan Da → Gwai Jarn → Gwai Jarn	a	Left straight boxing punch to center	Left Tan Sao-Right Jik Kuen on Right Ching Sun Ma → Left Lap Sao-Right Gwai Jarn Left Gwai Jarn
3	Biu Sao (defend an attack) → Lap Sao-Gwai Jarn	a	Left straight boxing punch	Left Biu Sao → Left Lap Sao-Right Gwai Jarn
Two men exercises – Drills				
1	Man Sao (initiate attack) → Jarn Jum Sao → Punch	a	Triangular footwork left Pien Sun Ma Right Man Sao to B's inside gate	Move the body Left Pak Sao-right Jik Kuen (Not Wing Chun way Pak-Da)
		b	Right Jarn Jum Sao → right spiral out Jik Kuen / Fak Sao	
2	Man Sao (initiate attack) → Lap Da	a	Huen Bo left Pien Sun Ma Right Man Sao	Right Chuen Kiu
		b	Left Ching Sun Ma right Lap Sao → left Jik Kuen	



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3	Double Gaun Sao vs low Punch	a	Low right punsch	Left low Gaun Sao block-Right high Gaun Sao strike to A's neck (low Gaun sao block high Gaun Sao strike)
4	Biu Jee Sao	a	Right straight boxing punch	Left Biu Jee Sao fingers strike to A's eyes (Concept of Lin Siu Dai Da i.e Defending while attacking)
5	Yat Jee Chung Kuen → fingers spring out to jab	a	Right straight boxing punch to chest	Left Jum Sao → Fingers spring out to jab to B's weak point (either straight, downward or sideward)
Chi Sao				
1	Gwai Jarn → Fak Sao	Juen Ma right Pien Sun Ma, Left Tip Sun control opponent's hand-right Gwai Jarn → right Fak Sao		
2	Man Sao → Wang Jeung	From Tan Sao → Man Sao → step in Wang Jeung, the other hand change to Pak Sao to control Opponent's other hand		
3	Man Sao (initiate attack) → Chuen Kiu (can be Chin grappling thumb jab on eye)	Triangular footwork left Pien Sun Ma Right Man Sao to B's inside gate → right Chuen Kiu (can be chin grappling thumb jab on eye) → Development of any attack		
Theory				
1	Attacking sphere	Semi-circle attacking sphere		
2	Distance	Proactively use long bridge to stop opponent's attack, understand the distance that power can be launched out.		
3	Circular movement	Circle against straight		