

WING CHUN-UK APPLICATIONS FOR STUDENT LEVELS 6-10

Student Level 6

1 - Two arm push attack. Pak sau, fook sau, palm. Then return to outside gate.

2 - Straight punch attack. Wu sau, punch under, then over.

3 - Straight punch attack. Tan sau with yee ma cutting across the punch.

4 - Straight punch attack. Tan sau and yee ma on inside, then punch. Opponent parries and punches again. Tan sau, fook sau and punch (as end of sequence).

Student Level 7

1 - Backfist & haymaker. Bong sau, fook sau & punch.

2 - Pak punch attack. Defend diagonal punch, pull back with punch, then finish with outside rising punch.

3 - Grab & punch attack. Pak sau, fook sau & punch.

4 - Arms low. Opponent: straight punch. Pak sau, tan sau and diagonal punch counter.

Student Level 8

1 - Haymaker. Inside bong sau, tan sau and punch.

2 - Straight punch attack. Tan sau, gwut sau & punch.

3 - Straight punch attack. Tan sau, cover & punch underneath.

4 - Pak punch attack (deep). Step back (diagonal) with pak sau. Opponent punches again. Step back opposite side diagonal with pak sau and left slant angle kick with man/wu. Follow up with left displacing tan sau and right punch.

Student Level 9

1 - Grab and backfist. High gwut, stepping back. Opp. punches again. Tan, lap & punch.

2 - Backfist & hook. Kiu sau with jum sau, tan sau & punch.

3 - Straight punch attack. Tan sau press down and high palm, then low palm, butting elbow & punch.

4 - Lap sau & punch. Kwun sau, lap sau to free arm & punch.

Student Level 10

1 - Straight punch attack. Tan, jum backfist. Opponent: bong, jum & backfist.

2 - Backfist attack. Jum sau & backfist. Opponent: wu & tok underneath punch, double grab and palm strike, stepping in.

3 - Pak & punch attack. Tan, lap and fak sau. Opponent: arm break.

4 - Pak & punch (deep). Go back with tan & bong. Opponent: pursue with gwut & punch.

