

WING CHUN-UK APPLICATIONS FOR 2nd TECHNICIAN SECTIONS 5, 6 & 7

Section 5

1 - Straight R attack. R Tan sau and L fook sau together, followed by double kum na sau and horizontal double punches.

2 - Attack with pak and punch. Opponent defends as above with tan, fook, double kum na and double punches. Counter with R lan sau and L palm from underneath.

3 - Straight R attack. R tan, L gum and R palm stepping forward and to the outside of the opponent's R shoulder.

4 - Attack R then L punch. Defend R tan then R lan with L punch.

Section 6

1 - Attack R lap, L fak. Opponent counters with kwun (mirror turn). Original attacker continues with L lap, R fak with a turn to the other side.

2 - As above, but after opponent counters with kwun they free the low (R) arm and follow with R kum na sau, L punch with che gok bo. Initiator steps back on diagonal with R leg and defends opponent's punch with L tan and lap and right fak.

3 - Attack as in the first application for Section 6. This time opponent defends with kwun, but turns opposite way to first application i.e. facing. Initiator continues attack with R pak and L fak, stepping forward with L leg.

4 - Attack again as in first application. Opponent defends as in first application, but counters with L lap, R fak. Initiator defends this with kwun. Opponent continues with L inside tan and R fak, stepping in with the R leg. Initiator finishes with step out to their left with L high gwut to upper arm of opponent, followed by L fak.

Section 7

1 - Opponent grabs both arms and pushes. Defend stepping back with double inside jut and double palm to shoulders to create space and immediately step back in with covering tan and punch (in chuk sun ma).

2 - Begin as above, but opponent defends double palm with double tok sau. Counter this defence with double fook and double low palm straight into double high palm.

3 - Attack with two-arm push to chest. Counter stepping back with double rising wu sau inside opponent's arms, widen the arms and double high palm.

4 - R punch. Defend R tan, L gum and L taan kuen. Initiator defends with L arm. Remove their defence with R gum followed by R straight-arm strike under opponent's chin. Can be followed with L palm.

