

WING CHUN-UK APPLICATIONS FOR STUDENT LEVELS 1-5

Student Level 1

1 - Straight punch attack. Tan sau, su bo, pak sau, punch.

2 - Opponent lifts arms. Pak sau & punch from arms down position.

3 - Opponent moves to your right with right hand lead. Pak punch with juen bo from guard position.

4 - Opponent steps forwards to strike. Stop kick, tan sau, pak sau & punch.

Student Level 2

1 - Low punch. Gan sau & punch, gum sau & punch.

2 - Right diagonal punch defended. Pull opponent's defending arm down & punch with left.

3 - Straight punch attack. Tan sau, kum na sau & diagonal punch.

4 - Opponent raises arms. Pak, pak (with che gok bo). Opponent counters with a right haymaker. Defend with left inside punch, pull down with parallel tan sau & punch (right).

Student Level 3

1 - Backfist. Wu sau, bong sau & kwun kuen.

2 - Backfist. Tan sau, jum sau & punch.

3 - Straight punch attack. Tan sau, lap sau & punch.

4 - Straight punch attack. Tan sau, pak sau & punch. Opponent defends. Bong sau, lap sau & kwun kuen. Opponent defends. Punch underneath.

Student Level 4

1 - Haymaker attack. Jut sau and punch, stepping in.

2 - Straight punch attack. Tan sau, pak sau & low palm, followed by parallel tan sau & punch (low to high).

3 - Low punch followed by backfist (same arm). Gan sau, tan sau (same arm) & punch.

4 - Haymaker punch. Left inside tan sau, right shoulder butt and right fak sau.

Student Level 5

1 - Straight punch attack. Tan sau, yee ma, double kum na sau, pie jarn & punch.

2 - Straight punch attack. Tan sau, gwai jarn (same arm) & punch with left.

3 - Low body grab attack. Kiu sau & gwut sau with yee ma followed by knee strike.

4 - Pak sau & punch. Defend with parrying reverse pak sau and step back on diagonal (approximately 45 degree angle from attacker). Right bong sau, right side kick to attacker's knee and follow up with right displacing tan sau and left punch.

