

WING CHUN-UK APPLICATIONS FOR 1ST TECHNICIAN SECTIONS 2, 3 & 4

Section 2

1 - Straight R attack. Tan sau, Kum na sau and high gwut sau arm wrench.

2 - Opponent pak and punch. Defend late L pak feed to R wu sau, L kum na sau and R punch.

3 - As above, but opponent blocks final punch with R arm. Lap and jum arm wrench.

4 - Straight right. Defend with tan, lap and su bu into straight arm shoulder control.

Section 3

1 - Opponent right lead. Attack with L inside tan, R outside tsong kuen. Opponent blocks punch with L arm. Continue with R gum, L inside lap and R fak sau.

2 - Attack with pak and R punch. Opponent defends with R tan, L jum with intention of continuing into L fak. Counter immediately after their jum with R fak using momentum created by their jum.

3 - Attack with R lap and L fak. Opponent defends with kwun sau. R palm over your original fak, inside their tan sau. Opponent counters with L pak, R dong sau. Finish with double gwut and R palm.

4 - Attack with R lap, L punch and su bo. Opponent defends with kwun, double lap and R punch. Counter with R tan, L jum into L fak.

Section 4

1 - Opponent grabs both arms. R lan/ding jarn to break grip, L punch and follow up with double punch.

2 - Opponent attack with L gum, R outside tsong kuen. Defend with kwun and yee ma and counter with double punches.

3 - Attack as above, but after the kwun defence the initiator makes a second attack with R outside fook and L diagonal tsong kuen.

4 - R backfist, L low punch. Defend with L bong, L gan and follow with double punches.

