

WING CHUN-UK BIU JEE APPLICATIONS FOR THE 3RD TECHNICIAN LEVEL

Sart geng/Cheng Sau

Attack with straight punch

1 - Defend R Biu, L Sart, R Cheng

2 - Defend R pull into R Cheng, L Biu to arm, R Sart

3 - Inside R cover, L cover, R sideways Sart, L Dai Ping Kuen, R Cheng

Attack with backfist

1 - Defend L Biu to punching arm, R low cheng, L Bui to shoulder, R high Cheng

Attack with haymaker

1 - Defend with L Yee Ma, L cover (saart) with simultaneous R Sart, L Sart turning through stance

Out Zong Kuen

Attack with straight punch

1 - a) Defend R Biu, R Huen Gwut, L Kum Na Sau, R Out Zong Kuen (stepping out)

- b) Defend R Huen Gwut, L Kum Na Sau, R Out Zong Kuen (stepping in)

Attack with backfist

1 - R Huen Gwut, L low Out Zong Kuen, R high Out Zong Kuen into sweep

Attack with haymaker

1 - L inside Bie Jee, R Out Zong Kuen (frontal)

Short Range Movements

Attack with Pak Sau and punch

1 - L late Pie Jarn, roll over into double Gwut Sau attack

Attack with backfist

1 - R downward Bie Jee, R Pie Jarn, L Sart

2 - L PSL to arm, R PSL to neck

Attack with arm grab and haymaker

1 - Inside Bie Jee, R roll over Gwai into Sart (5th BJ Section opening)

From shoulder grapple position

1 - 1st Gwut Gerk turning, L Gwai to free arm, L sideways Dong Sau, R Cheng

From high two-arm grab

1 - R inside Tie Jarn with step. L roll over Cup Jarn to free other arm. L cover, R Cheng

