

## WING CHUN-UK TERMINOLOGY

### General Terms

Sau	Arm/hand
Gerk	Leg
Ma	Stance
Bo	Step
Kuen	Fist (punch)
Sheung	Double
Fan	Reverse
Tai	Rising
Dai	Low
Oi	Outside
Noi	Inside

### Forms

Siu Nim Tau	Little Idea Form
Chum Kiu	Bridge seeking
Biu Jee	Darting Fingers
Muk Yang Jong	Wooden Dummy

### Hand/Arm Techniques (From Siu Nim Tau or Chum Kiu unless indicated otherwise)

Man sau	Inquisitive/searching arm
Wu sau	Protecting arm
Tan sau	Spreading/dispersing arm
Pak sau	Slapping hand
Gaan sau	Splitting/dividing arm
Bong sau	Wing/winging arm
Dai bong sau	Low wing arm
Fook sau	Subduing arm
Jum sau	Sinking arm
Gum sau	Pressing/pinning arm
Lan sau	Barring/obstructing arm
Huen sau	Circling arm
Kau sau	Hooking/dragging arm
Gwut sau	Scraping/wiping arm
Tai sau	Rising arm
Tok sau	Lifting arm
Kiu sau	Bridging arm
Jut sau	Jerking arm
Tut sau	Freeing arm
Dong sau	Swinging arm
Kwun sau	Rotating arms
Fan jarn	Reverse elbow
Lap sau	Pulling arm
Kum na sau	Grabbing arm
Man geng sau	Neck pulling hand (Wooden Dummy)

## WING CHUN-UK TERMINOLOGY

### Strikes

Tsong kuen	Thrusting punch (various angles)
Lin wan kuen	Consecutive/linking punches
Kwun kuen	Rotating punch
Oi tai kuen	Outside rising punch
Tai kuen	Rising punch
Fan kuen	Reverse punch
Taan kuen	Springing punch
Dai tsong kuen	Low thrusting punch
Fak sau	Whisking arm
Cheung	Palm (various angles)
Po pai cheung	Butterfly palms

### Stances

Jing sun ma	Straight (frontal) body stance
Ts'ing ma	Meridian stance (one leg forwards)
Chuk sun ma	Side body stance
Yee ma	Shifting stance

### Steps and turns

Jin bo	Front step
Dap bo	Joining step
Che gok bo	Slant angle step
Su bo	Pivoting step
Juen bo	Revolving step
Wan bo	Horizontal/side step
Go ja bo	Crossing step
Soeng bo	Advancing step (when both feet end on one horizontal line)
Juen ma	Revolving stance

### Kicks, sweeps and leg defences

Jing tsong gerk	Front thrusting kick (Chum Kiu)
Wan tsong gerk	Side thrusting kick (Chum Kiu)
Che tsong gerk	Slant thrusting kick (Chum Kiu)
Gwut gerk	Scraping/wiping leg (Biu Jee Form)
Bong gerk	Wing/winging leg
Tan gerk	Spreading/dispersing leg
Yap gerk	Entering leg
Jing gerk	Front kick (Wooden Dummy)
Wan gerk	Side kick (Wooden Dummy)
Che gerk	Slant kick (Wooden Dummy)
Fan gerk	Reverse kick (Wooden Dummy)

## WING CHUN-UK TERMINOLOGY

### Biu Jee Form techniques

Cup jarn	Downward elbow
Gwai jarn	Kneeling elbow
Pie jarn	Horizontal, hacking elbow
Tai jarn	Rising elbow
Out zong kuen	Hooking colliding punch
Sart geng sau	Neck cutting arm
Cheng sau	Spade hand
Biu (jee) sau	Darting (fingers) arm
Bie Jee	Waving fingers
Huen gwut sau	Circling, scraping arm