

LANCASTER WING CHUN ASSOCIATION



Chum Kiu Level Assessment

Siu Lim Tau Complete ☐

Chum Kiu Complete ☐

Basic (Solo) Training

Turning Punches ☐

Turning Wan Jern (Side palms) ☐

Turning Tan & Punch ☐

Turning Bong Sau (With Wu Sau) ☐

Turning Double Pie Jarns ☐

Double Kicks from Yee Gee Kim Yuen Mar ☐

Biu Mar with punches, kicks & double kicks, also including ninety-degree angles ☐

Stepping forwards and backwards in Heun Mar

Partner Training ☐

Straight punch attack – Defending with: Bong, Lap, Fak Sau (if the Fak Sau is blocked), follow with Pak, Fak Sau ☐

Straight punch attack – Defending with: Jum Sau, Lap, Wan Jern ☐

Upper cut to the body – Defend using Low Garn & punch (Aggressive Garn) ☐

Straight punch attack – Defending with: Contact, Double Lap, palm strike to face (Wan Jern) ☐

You will step in with a straight punch attack: Your partner will defend by gaining a contact then execute a Double Lap, Your task is to then counter the Double Lap with Lan Sau ☐

Straight punch attack – Defending with: Contact, double lap, Side Kick the back leg ☐

Straight punch attack – Defending with: Bong Chor Sau, if Bong is pushed, drop back into a passive Lan Sau ☐

Straight punch attack – Defending with: Stopping Kick with guard ☐

Front Kick attack – Defend by turning Gum Sau and Front Kick to the knee ☐

Pak Sau Drills with varying counter attacks depending on initial defence used, these should include: ☐

If Pak jammed using wrist energy – Lap Sau & Palm ☐

If Pak jammed using elbow energy – second Pak and Punch ☐

If Pak jammed using elbow structure and lineage – Double Lap ☐

Biu Mar

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Biu, Jum ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Garn, Tan, Lap & Palm (Wan Jern) ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Lap & Wan Jern (all as one move and on every strike) ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Tan, Jut, Biu, Jum ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Biu, Jum, Tan, Pak ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Low Garn, Tan, Pak ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Tan, Double Lap ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Biu, Jum, Tan, Pak ☐

Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Tok Sau ☐

Dan Chi Sau

Dan Chi Sau, Lap Sau (Combined) at speed ☐

Lap Sau exercise, (Cheun Mar) multiple changes being used ☐

Poon Sau and changes with energy ☐

Gor Sau showing good use of footwork ☐

Chi Gerk ☐

Free flow - Level 3 (Defending against straight, cross, hook and upper-cut punches, either as singles or combination attacks) ☐

Fifty Chain Punches with speed ☐

Fifty Straight Palm strikes with speed ☐