

ESSENTIAL WING CHUN KUEN TERMINOLOGY

Wing Chun - Ever Lasting Spring time (inherited from Yim Wing Chun, the founder)

Siu Lim Tao (1st form) - Little idea/thought (to quieten one's mind)

Chum Kiu (2nd form) - Closing one's distance (Arm seeking)

Biu Gee (3rd form) - Thrusting fingers

Muk Yan Chong - Wooden man (dummy)

Baat Jam Dao - Eight Cutting Knives (broadswords)

Luk Tim Bon Kun - Six & a half long pole techniques

Dan Chi Sao - Single sticking hands

Chi Sao - Arm controlling exercise

Biu Ma - Arrow thrusting stance

Biu Gee Sao - Thrusting Hand/Fingers

Bong Sao - Wing arm

Bong Chor Sau - Inside gate wing arm

Char Pie - Diagonally directed elbow strike

Cap Jahn - Vertically directed elbow strike

Dai bong sao - Low/er wing arm

Dan chi sao - Single sticking hands

Dink Sao - Dominating/Striking hand
Fak Sao - bridging arm (Whisking hand)
Fa Jin - Applied energy
Fook Sao - Bridge on arm
Gum Sao - Pinning arm/hand
Gaun Sao - Low shield
Gung Lik - Forward elbow energy (structural)
Gwoy Jarn - Horizontally directed elbow strike
Huen Sao - Circling hand
Huen Ma - Circling Stance/Footwork
Jic Sein - Centre line (basic straight line)
Jic Tek - Front Kick
Jing Jeung - Vertical palm strike
Juen Ma - Turning Stance
Jum Sao - Sinking arm (cutting-in elbow)
Jut Sao - Jerking hand (redirecting hand)
Kau Sao - Circling arm
Kuen - Clenched Fingers (Fist)
Kup Jarn - Vertically directed elbow strike
Kwan Sao - Rotating arms
Lan Sao - Bar arm
Lap Sao - Deflecting/retaining arm
Lin Va Kuen - Chain/repetitive punches
Man Sao - Investigative arm (Information seeking tool)
Noy Mun - Inside gate

Pak Sao - 'Slapping'/controlling hand
Poon Sau - Rotating arms
Py Jarn - Elbow hackling
Po Pai/(Jeung) - Double arms/(palms) applications
Seung Chi Sao - Double sticking arms/hands
Si Dai - Junior Male fellow student
Sifu - Teacher/guardian figure
Si Gonh - Wing Chun grandfather/teacher's teacher
Si Hing - Senior male fellow student
Si Jei - Senior female fellow student
Si Jo - Wing Chun grandfather's teacher
Si Muei - Junior female fellow student
Sun lik - Relaxation
Tan Sao - Palm up/dissipating arm
Tok Sau - Locking/throwing technique
Wen Ten Tek - 135 degrees direction kick
Wu Sao - Guarding/protecting hand
Wang Jeung - Side Palm Strike
Yat Jic Kuen - One/single straight punch
Yee Gee Kim Yeung Ma - Basic training stance

