

PRÜFUNGSKATALOG ZUR 9. WING CHUN PRÜFUNG

1) Biu Jee

2) Chee Gyeuk

Closed Inside: A: **Loy Tiu Gyeuk - Loy Jut Gyeuk - Tai Sut - Jing Gyeuk**

Open Inside: A: **Gum Gyeuk - Jing Gyeuk**

Closed Outside: A: **Tan Gyeuk** - jump switch **Jing Gyeuk**

Open Outside: A: Run to **Ngau Gyeuk - Jing Gyeuk - Tai Sut**

3) Chee Sau (Verteidigungsketten)

B: Triple Elbow: A: *Choh Ma* Chahng Dai Jyeung - *Hau Chong Ma* Pau Da Jing Jyeung

B: Lop Fun Sau: A: Woo Sau - *Ngoy Seen Wai* Jing Jyeung - double Woo Wrap - *Choh Ma* Chahng Dai Jyeung

B: Lai Sau **Jing Gyeuk**: A: *Syeung Ma* Syeung Bock - *Toy Ma* Lop Da (Ricochet)

4) Gup Gau Sau („Notfall“ Verteidigungen)

B: Pon Geng Sau Ding Tau - A: (Nosecone) Gwai Jahng - Fun Sau - Leen Wan Kuen

B: (s.o.) - A: (Nosecone) Gwai Jahng - Lop Fook to hair **Loy Doy Gock Gyeuk - Jing Gyeuk**

B: Syeung Pon Geng Sau **Tai Sut** - A: Syeung Yiu Chahng Dai Jyeung - **Loy Tiu Gyeuk**

B: Two Hand choke - A: Index finger Pressure to throat - *Syeung Ma* Leen Wan Kuen

5) Pock Sau Cycle

A: Pock Da - B: Pock - A: Kau Da - *Toh Ma* Ding Jahng

A: Pock Da - B: Pock - A: Ngoy Jut Da Fun Sau - Pock Da Chahng Jyeung - Pon Geng Sau Jeep Neckbreak (Spin Head)

A: Pock Da - B: Pock - A: Punch becomes Tan Sau Gwot - *Toh Ma* Gwai Jahng

B: Pock Da - A: Pock Da Chop Kuen - Chum Kiu - Huen Da Fun Sau - Gum Da Chahng Jyeung (mit offener Hand erfolgter Pock Sau Angriff)

6) Kampfanwendungen (“Mixed-level” Verteidigungen. Joong Loh und Goh Loh)

B: *Toh Ma* Chop Kuen - Jick Choong Kuen

A: Gum Sau - Fock Sau - *Toh Ma* Lop Da - Pock Da

B: *Toh Ma* Chop Kuen - Jick Choong Kuen

A: Gahng Da - Ngoy Jut Da Fun Sau - *Toh Ma* Pock Da Chahng Jyeung

B: *Toh Ma* Jick Choong Kuen - Chop Kuen

A: Kuen Siu Kuen - Hahng Da - *Toh Ma* Syeung Cheh Kuen

7) 108 Kick Sequenz

Change Guard **Jick Teck** - Lau Sot Soh Boang Sau - **Juck Teck** - Lau Sut Soh Pock Sau - **Ngau Teck** - Lau Sut Soh Ngoy Jut Da Fun Sau - **Ngoy Ngau Teck** - Syeung Ma Pock Da Chahng Jyeung- Lop Fun Sau

8) Day Ha Gwoh Sau (Bodenkampf)

a) Both on 4`s Top: A: Near arm head smash - arm Smash - step on hand - stand up Sidekick to face - stamping Sidekick stomp to elbow

b) B: Mount position (choking) - A: Loy Jut Sau to inner elbow - Loy Jut to second elbow - Pon Geng Sau Fook strike to head - keep Pon Geng Sau Pai Jahng - keep Pon Geng Sau Ding Tau - palm up Biu to Throat - *Seep Ma* head smash - Lon to throat - Chop Kuen

Code:

A: ist immer der Sieger ☺ (außer bei Drills)

B: ist immer der Aggressor

-: der nächste Schritt ist....“ “

Kursiv: Schritte

Fett: Tritte