

WING TSUN TERMS

“I.R.A.S”	Internally Rotated Adduction Stance (= Character “Two” Stance) Chinese: “Yee Chi Kim Yeung Ma”
<u>Siu Nim Tau:</u>	(Name of the First Form) “Little Idea Form”
Crossed Tan Sau	- “Palm-Up Arm” (crossed position)
Crossed Gaun Sau	- “Arm Splitting Block” (crossed position)
Kwun Sau	- Rotating Arms
Sau Djong	- “Withdrawing Arms” (rear elbow strike)
Straightline Punch	- Self explanatory (Chinese: “Yat Chi Chung Kuen” meaning “Character Sun Straightline Thrusting Punch”)
Huen Sau	- Circling Hand (occurs after every strike in this form)
Frontal Tan Sau	- “Palm Up Arms” (frontal position)
Huen Sau	- As above
Wu Sau	- “Protective Arms”
Fook Sau	- “Bridge-On Arm”
Paak Sau	- “Slap Block”
Pai Cheung	- “Palm Strike”
Gum Sau	- “Pinning Arms” (side, rear, and front)
Lan Sau	- “Bar Arms” (can be a forearm-elbow strike)
Faark Sau	- “Whisking Arms”
Double-Jum Sau	- “Elbow-Sinking Block”
Tok Sau	- “Lifting Arms”
Jut Sau	- “Shocking Arms”
Biu-Tze Sau	- “Piercing Fingers”

Long-Bridge Gum Sau		_Pinning Arms (with elbows straight)
Tie-Sau	-	Wrist-Lifting Arm”
Pak Sau	-	(As above)
Horizontal Palm	-	Self explanatory
High Tan Sau	-	“Palm-Up Arm”
Jum Sau	-	As above
Lau Sau	-	“Scooping Arm”
Lower Lying Palm	-	Self explanatory (Tan Sau > Jum Sau > Lau Sau > LLP done in one sequence)
Bong Sau	-	“Swing Arm”
Tan Sau	-	As above
Inverted Palm Strike	-	Self explanatory
Tut Sau	-	“Clearing Arm”
Chain Punches	-	Self explanatory

[END OF FORM]

Additional Terms:

“Sil Lin Die Da”	-	Simultaneous attack and defense
(“Tan-Da, Gaun-Da, Jum-Da” etc. means the movement is executed simultaneously with a punch)		
“Chum Kiu”	-	“Seeking the Bridge” (name of the Second Form of Wing Tsun)
“Biu-Tze”	-	“Piercing (or Thrusting) Fingers” (Name of the Third Form)
Si-Fu	-	Father-Teacher
Si-Hing:	-	Older brother
Si-Dei:	-	Younger brother