

## Terminology

*Please note that these translations are only a guide, and any difference in spelling from one source to another is due to the translation from Chinese characters to the English alphabet.*

### HANDS

Tan Sau	Palm Up
Bong Sau	Wing Arm
Die Bong Sau	Low Wing Arm
Fook Sau	Bridging Arm (or) Bridge On Arm
Garn Sau	Splitting Block
Kwun Sau	Rotating Arms
Lap Sau	Pulling Hand
Pak Sau	Slapping Hand
Gum Sau	Pinning Hand
Jut Sau	Jerking Hand
Fak Sau	Whisking Hand
Kau Sau	Scooping Hand
Heun Sau	Circling Hand
Lan Sau	Bar Arm
Jum Sau	Sinking / Sunken Elbow
Mun Sau	Asking Hand
Wu Sau	Guard Hand
Chi Sau	Sticking Hands
Dan Chi Sau	Single Sticking Hand
Poon Sau	Rolling Arms
Gor Sau	Attacking Hands
Fan Sau	Continuous Attacks
Dock Sau	Inquisitive Hands
Tok Sau	Lifting Hand
Jeng Sau	Spade Hand
Po Pie	Double Palm
Biu Gee	Thrusting Fingers
Yat Chi Keun	Single Thrusting Punch
Lin Wan Keun	Chain Punches
Jic Jern	Straight Palm
Wan Jern	Side Palm

## ELBOWS

Kup Jarn	Vertical Elbow
Gwoi Jarn	Kneeling Elbow
Pie Jarn	Level Elbow
Chair Pie	Sliding Elbow

## FEET

Yee Gee Kim Yuen Mar	Character Two Adduction Stance (or) Two Character Goat Grabbing Stance
Sarm Bok Mar	Three Point Stepping
Cheun Mar	Turning Stance
Biu Mar	Arrow Stepping
Heun Mar	Circular Stepping

## FORMS

Siu Lim Tau	Little Idea Form
Chm Kiu	Bridging The Gap
Biu Gee	Thrusting Fingers
Muk Yan Jong Fat	Wooden Dummy Technique
Mo Jong	'No' Dummy
Bart Jam Dao	Eight Cutting Broadwords
Luk Deem Boon kwun	Six And A Half Point Pole

## GENERAL

Wing Chun	Beautiful Springtime
Gung Fu / Kung Fu	Hard Work (in developing) - Skill
Gung Lik	Hard Work (in developing) - Energy
Sung Lik	Withdrawing Energy
Lok Sau Jic Keun	Lost Hand, Straight Punch
Si-Fu	Teacher / Father (Master)
Si-Mo	Si-Fu's Wife
Si-Gung	Teachers teacher / Grandfather
Si-Jo	Teachers Si-Gung / Your Great Grandfather
Si-Bat	Your Teachers Older Kung Fu Brother
Si-Suk	Your Teachers Younger Kung Fu Brother
Si-Hing	Your Older Kung Fu Brother
Si-Je	Your Older Kung Fu Sister

Si-Die	Your Younger Kung Fu Brother
Si-Mui	Your Younger Kung Fu Sister
Kwoon	School
Keun	Fist / Punch
Sau	Hand / Arm
Gerk	Foot / Leg

## COUNTING

Yat	1
Yee	2
Sarm	3
Say	4
Mm	5
Luk	6
Tat	7
Bat	8
Gowe	9
Sap	10
Sap Yat	11
Sap Yee	12
Sap Sarm	13
Sap Say	14
Yee Sap Yat	21
Yee Sap Yee	22
Yee Sap Sarm	23
Sarm Sap Yat	31
Sarm Sap Yee	32
Say Sap Yat	41
Say Sap Yee	42
Gowe Sap Gowe	99