



SOUTH LONDON

Wing Chun

MARTIAL ARTS CLUB



SLWCMAC Terminologies

B

Bui – Darting
Bui Gee – Darting Fingers
Bui Gerk – Darting Kick
Bui Sau – Darting Hand

Bok – Shoulder

Bong – Winging
Bong Sau – Winging Arm
Bong Gerk – Winging Leg

C

Chi Sau – Double Sticking Hands

Chit – Slicing
Chit Jarn – Slicing Elbow Strike
Chit Fak Sau – Slicing Swinging Arm
Chit Huen Sau – Slicing Circling Hand
Chit Jeung – Slicing Palm Strike

Chum Kui – Bridging the Gap

Cin Bei – Forearm
Cin Bei Fak Sau – Swinging Forearm

D

Dai – Low
Dai Gaang Sau – Low Cultivating Hand
Dai Jeung – Low Palm Strike

Dang – Nailing
Dang Gerk – Nailing Kick

Dan – Single
Dan Chi Sau – Single Sticking Hands

F

Faan – Reverse / Backward / Back
Faan Huen Ma – Backward Circling Footwork
Faan Gerk – Back Kick
Faan Jarn – Back Elbow
Faan Lap Sau – Reversing Lap Sau

Fak – Swinging
Fak Jeung – Swinging Palm
Fak Kuen Sau – Swinging Fist
Fak Sau – Swinging Hand

Fook – Controlling
Fook Sau – Controlling Hand

G

Gaang – Cultivating
Gaang Sau – Cultivating Hand

Gee – Fingers

Gerk – Kick / Leg / Foot

Gnau – Wrist



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H

Hau – Back
Hau Jeung – Back Palm Strike
Hau Kuen Sau – Back Fist
Hau Pak Sau – Back Slapping Hand

Hoi – Open
Hoi Ma – Open Stance

Huen – Circling
Huen Chit Jut Sau – Circling Slicing Jerking Hand
Huen Jut Sau – Slicing Jerking Hand
Huen Ma – Circling Footwork
Huen Sau – Circling Hand

J

Jarn – Elbow

Jeung – Palm

Jic – Forward
Jic Gerk – Forward Kick
Jic Jarn – Forward Elbow Strike
Jic Jeung – Forward Palm Strike
Jic Jum Sau – Forward Sinking Hand
Jic Kuen Sau – Forward Punch
Jic Lan Sau – Forward Bar Arm
Jic Tan Sau – Forward Tan Sau

Jum – Sinking
Jum Gerk – Sinking Kick
Jum Jarn – Sinking Elbow
Jum Jut Sau – Sinking to Jerking Hand
Jum Lan Sau – Sinking Bar Arm
Jum Sau – Sinking Hand

Jut – Jerking
Jut Gerk – Jerking Kick
Jut Sau – Jerking Hand

K

Kwan – Rolling
Kwan Hau Kuen Sau – Rolling Back Fist
Kwan Lan Sau – Rolling Bar Arm
Kwan Sau – Rolling Hands

Kuen – Fist
Kuen Sau – Punch (Fisted Hand)

L

Lan – Bar
Lan Sau – Bar Arm

Lap – Snatching
Lap Sau – Snatching Hand

Liu Dung – Flicking
Liu Dung Tan Sau – Flicking Dispersing Hand
Liu Dung – Flicking Darting hand



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M

Man – Seeking
Man Sau – Seeking Hand

P

Pak – Slapping
Pak Gerk – Slapping Kick
Pak Sau – Slapping Hand

Pie – Hacking
Pie Jarn – Hacking Elbow Strike

S

Sau – Arm / Hand

Sui Lim Tau – Little Ideas

Sut – Knee
Sut Gerk – Knee Kick

T

Tai – Rising
Tai Bong Sau – Rising Winging Arm
Tai Cin Bei – Rising Forearm
Tai Gerk – Rising Kick
Tai Gnau – Rising Wrist
Tai Jarn – Rising Elbow Strike
Tai Jeung – Rising Palm Strike
Tai Kuen Sau – Rising Punch
Tai Lan Sau – Rising Bar Arm

Tait – Iron Bar
Tait Dai Jeung – Iron Bar Low Palm Strike

Tan – Dispersing
Tan Gerk – Dispersing Kick
Tan Jum Jut Sau – Dispersing Sinking Jerking Hand
Tan Sau – Dispersing Hand

Tok – Lifting
Tok Gerk – Lifting Kick
Tok Jarn – Lifting Elbow
Tok Sau – Lifting Hand
Tok Tan Sau – Lifting Dispersing Hand

W

Wang – Side
Wang Gerk – Side Kick
Wang Jarn – Side Elbow Strike
Wang Jeung – Side Palm Strike

Y

Yui – Coiling / Turning
Yui Bok – Coiling Shoulder
Yui Cin Bei – Coiling Forearm
Yui Gerk – Coiling Leg
Yui Gnau – Coiling Wrist
Yui Ma – Coiling Hip
Yui Sau – Coiling Hand

Note: Yui Synergy – Combining All Body Coils