



MIDLANDS WING CHUN KUEN

Director : Grandmaster Ip Chun

Chief Instructor : Si-fu S.Rawcliffe

Name: _____

Date: _____

SIU NIM TAO: LEVEL 3 ASSESSMENT

	Areas of acceptable standard	Areas for development
Seung Chi Sao (Juen Sao) 雙擒手(轉手)		
Jic Gerk 直腳		
Siu Nim Tao 小念頭		
Bong Lap Da vs Jic Kuen 膀攞打對直拳		
45°Biu Ma Kuen 45°標馬拳		
Pak Sao vs Pak Da 拍手對拍手打		
Huen Sao applications 圈手應用		
Gor Sao using Juen Ma 用轉馬過手		
Wrist Grab defence 腕部防衛		
Neck Grab defence 頸部防衛		
Rear Bear Hug defence 熊抱防衛		
Essay on Siu Nim Tao 作文- 小念頭		

Comments:

Examiners signature:



Registeres Members of:
The National Coaching Foundation
British Council for Chinese Martial Arts
Ip Chun Wing Chun Kuen Martial Arts Association - Hong Kong
Ip Chun Wing Chun Academy - Hong Kong
Yip Man Martial Arts Athletic Association Ltd - Hong Kong
Ving Tsun Athletic Association - Hong Kong

