

# 柔道

## LEVEL I – SIU LIA TAO (Little Idea)

### BASIC WING CHUN TERMS

WU SAO	Protecting Hand
TAN SAO	Dispersing Hand
BONG SAO	Wing Arm
FOOK SAO	Controlling Hand
LAN SAO	Bar Arm
HUEN SAU	Circle Hand
CHUN CHOI	Straight Punch
JIK CHUN CHOI	Chain Punch
PAK SAO	Slapping Hand
GAAN SAO	Cutting Hand
BAI JONG	Ready Hands

YEE JI KIM YEUNG MA Knee Strength Stance

BIK BO Shuffle Step

\*\*Cantonese to English

## SHAOLIN KUNG FU KIDS

By Sifu Andy DiGuseppi & Simo Sandra Hernandez