

Glossary of WingChun Terminology (IAW)

<i>Chinese</i>	<i>Notation</i>	<i>Translation</i>
拳套	Kuen Tou	Fist Set
標指	Biu Jee	Darting Fingers
木人樁	Mok Yan Jang	Wooden Person Pile
小念頭	Siu Nim Tau	Small Intention
尋橋	Tsum Kiu	Seeking Bridge
理論	Lei Lun	Theory
子午線	Zi Ng Sien	Meridian Line
針對線	Zom Doi Sien	Direction Line
手法	Sao Fat	Arm, Hand Method
擺指	Bai Jee	Swaying Fingers
標指手	Biu Jee Sao	Darting Fingers Arm
膀手	Bong Sao	Winging Arm
黏手	Chi Sao	Adhering Arms
穿橋	Chuen Kiu	Piercing Bridge
大車輪手	Dae Che Lun Sao	Big Wagon Wheeling Arms
盪手	Dong Sao	Swinging Arm
拂手	Fat Sao	Whisking Arm
伏手	Fok Sao	Subduing Arm
揸手	Gam Sao	Pressing Arm
梗手	Gan Sao	Dividing Arm
搆手	Gau Sao	Dragging Arm
過手	Guo Sao	Passing Arms
滾手	Gwan Sao	Rotating Arms
刮手	Gwat Sao	Scraping Arm
圈割手	Huen Got Sao	Circling Slicing Hand
圈手	Huen Sao	Circling Hand

截橋	Jeet Kiu	Intercepting Bridge
擒拿手	Kam Na Sao	Grappling Hand
橋手	Kiu Sao	Bridging Arm
攔手	Lan Sao	Obstructing Arm
攬手	Lap Sao	Pulling Hand
甩手	Lat Sao	Casting Arms
問手	Man Sao	Inquiring Arm
破中落	Po Jong Lo	Breaking Middle Descent
盤手	Puen Sao	Coiling Arms
殺頸手	Sat Geng Sao	Killing Neck Hand
提手	Tai Sao	Lifting Arm
攤手	Tan Sao	Spreading Arm
托手	Tok Sao	Towing Arm
沈手	Tsam Sao	Sinking Arm
鏟手	Tsan Sao	Spading Hand
脫手	Tuet Sao	Releasing Arms
護手	Wu Sao	Protecting Arm
窒手	Zat Sao	Suppressing Arm
掌法	Jeung Fat	Palm Method
低平掌	Dai Ping Jeung	Low Parallel Palm
反掌	Fan Jeung	Reverse Palm
拍掌	Pak Jeung	Slapping Palm
抱排掌	Pou Pai Jeung	Embracing Tablet Palms
豎掌掌	Seu Jeung	Upright Palm
橫掌	Wang Jeung	Horizontal Palm
拳法	Kuen Fat	Fist, Punch Method
鉤拑拳	Au Git Kuen	Hooking Antagonistic Punch
寸拳	Chuen Kuen	Inch Punch
低平拳	Dai Ping Kuen	Low Parallel Punch
反拑拳	Fan Git Kuen	Reverse Antagonistic Punch
高平拳	Go Ping Kuen	High Parallel Punch
連環拳	Lin Wan Kuen	Linking Punches
外滾拳	Ngoi Gwan Kuen	Outer Rotating Punch

外衝拳	Ngoi Tsong Kuen	Outer Thrusting Punch
內滾拳	Noi Gwan Kuen	Inner Rotating Punch
內衝拳	Noi Tsong Kuen	Inner Thrusting Punch
雙拳	Seung Kuen	Double Punches
彈拳	Taan Kuen	Springing Punch
抬拳	Toi Kuen	Raising Punch
抬拑拳	Toi Git Kuen	Raising Antagonistic Punch
衝拳	Tsong Kuen	Thrusting Punch
肘法	Tsang Fat	Elbow Method
跪肘	Gwai Tsang	Kneeling Elbow
撥肘	Kap Tsang	Bowing Elbow
批肘	Pai Tsang	Hacking Elbow
收肘	Sau Tsang	Withdrawing Elbow
馬	Ma	Stance
正身馬	Jing San Ma	Frontal Body Stance
轉馬	Juen Ma	Revolving Stance
移馬	Yi Ma	Shifting Stance
側身馬	Zak San Ma	Side Body Stance
子午馬	Zi Ng Ma	Meridian Stance
腳法	Gerk Fat	Leg, Kick Method
膀腳	Bong Gerk	Winging Leg
斜撐腳	Che Zang Gerk	Slant Propelling Kick
圈腳	Huen Gerk	Circling Leg
正撐腳	Jing Zang Gerk	Frontal Propelling Kick
橫撐腳	Wang Zang Gerk	Horizontal Propelling Kick
拍腳	Pak Gerk	Slapping Leg
入腳	Yap Gerk	Entering Leg
步法	Bo Fat	Step Method
斜角步	Che Gok Bo	Slant Angling Step
踏步	Dap Bo	Striding Step
交叉步	Gao Tsa Bo	Crossing Step

圈步	Huen Bo	Circling Step
箭步	Jin Bo	Arrow Step
轉步	Juen Bo	Revolving Step
上步	Soeng Bo	Advancing Step
樞步	Su Bo	Pivoting Step
橫步	Wang Bo	Horizontal Step