



## Tong Lu Wu Shu

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## Ausdrücke und Erklärungen (annähernde, phonetische Schreibweise)

Wing Chun Kuen Wing Chun Kung Fu	«Beautiful Springtime Boxing» «Schöner Frühling» «Hard Work», «Time and Patience» or «Practice and Excellence»	<b>Gefühlsschulung</b> Chi Sao Dan Chi Sao Seong Chi Sao Chi Goerk Chi Qwan Chi Doh Poon Sao Chang Choi Chang Kuen	Sticky Hands, klebende Hände Single sticky Hands Double sticky Hands Sticky Legs Sticky Pole Sticky Knives Rolling Arms Chain Punches (Lin Wah Kuen) Vertical Punch (Yut Jee Kuen – «Sun Character Punch»)
<b>Stand und Laufschulung</b> Hoi Mah Kim Yeung Mah Doh Mah Qwan Mah Doi Kok Mah Juen Mah Bil Mah/Biu Mah So Goerk	Opening the Horse Square Horse (Grundstand) Knife Horse (Fighting Position) Pole Horse (tiefer Grundstand) Side Horse (Turned Position) Turning Horse (Manuever) Running Horse (Manuever) Circling Foot (Changing Lines)	<b>Handtechniken</b> Biu Tze Sao Cham Kiu  Kan Sao Tan Sao Fook Sao Pak Sao  Noy Noy Pak Sao Lower Goang Sao  Upper Goang Sao Goat Sao  Bong Sao Dye Bong Sao Wrong Bong Sao  Pao Sao Kao Sao  Scissors Goang Sao  Kwan Sao  Huen Sao  Jow Sao  Man Sao  Wu Sao  Toy Sao (Tok Sao) Jam Sao Mut Sao Gam Sao  Chin Gam Sao How Gam Sao Ju Gam Sao Lan Sao  Jat Sao Laap Sao Poon Sao Jeet Sao PooH Pye	Stoßende Finger durchdringende / eindringende Brückentechnik Gesplattener Block Palm up Hand/Supinated Hand Controlling Arm/Brückenarm Slapping Hand, Handflächenabwehr Outside Outside Pak Sao Splitting Hand, schneidender Arm Splitting Hand Palm down Hand (long Bridge Goang Sao) Wing Arm Low Wing Arm Crossing Bong Sao (on dummy) Turning Bong Sao Zoning Hand/Circling Block (scooping Bong Sao) inside or outside with elbow up circling over the opp. arm Upper and Lower Goang Sao (inside and outside) Rotating Arms (low Bong Sao and inside Tan Sao), rollende Arme Circling Hand, Zirkelhand (outside- to inside-line Hand) Inside- to outside-line Hand by circling under the opp. arm Inquisitive/jamming Hand (Circular Motion), Suchende Hand (Vorderhand in der Kampfstellung) Protective Hand, schützende Hand (hintere Hand in der Kampfstellung) Lifting up Hand Sinking Hand Lowering Hand Pinning Hand, pressende Hand, tiefer Handflächenstoss Front Gam Back Gam Side Gam Bar Arm, Riegelarm (Circular Motion) Jerking Arm, Schockhand Grabbing Hand, ziehende Hand Trapping Hands Intercepting Hands «Embracing the Edge»
<b>Formen</b> Sil Lim Tao/Siu Nim Tao Cham Kiu Bil Jee/Biu Tze	«Little Idea» (1 <sup>st</sup> set) «Seeking the Bridge» (2 <sup>nd</sup> set) «Thrusting Fingers» (3 <sup>rd</sup> set)		
<b>Verwandtschaft</b> Moontoh Sidie Sihing Sifu Dai Sifu Sigung  Sijo	Disciple Junior Student Elder Student Teacher/Kung Fu Father Elder Teacher/Kung Fu Father Teacher's Teacher/ Kung Fu Grandfather Kung Fu Grand Grandfather		
<b>Dummy</b> Mook Yan Jong  Got Jong Hong Jong	Wooden Dummy, Holzpuppenform Footwork Dummy Air Dummy		
<b>Waffen</b> Luk Dim Boon Kwan Batt Jam Dao	Langstock Schmetterlingsmesser		
<b>Körperteile</b> Sao Goerk Gnau Jee Joang Joong Seen	Hand or Arm Foot or Leg Wrist Finger Elbow Centerline		
<b>Gute Form</b> Mai Jeang Jung Dao  Ting Yiu  Kim Sut Lok Mah Lik Mook Lik	Elbow Position Head and Shoulders, relaxed and back Pelvis forward, Coccyx tucked under, lumbar curve gone Pinching the Knees Lowering the Horse Power, Force, or Energy Eye Power		



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### Palm Strikes:

Fak Sao	Whisking Arm (to whisk = schwingen, schlagen, rühren) Hand(kanten)schlag (Circular Motion) (Handfläche zeigt nach unten)
Biu Sao (Chop)	Knife Arm, Extended Palm Strike (Yang Knife Hand)
Cheung Sao	Spade Hand, Spatenhand (Handfläche leicht konkav, nicht nach unten zeigend) (Yin Knife Hand)
Mang Cheung Sao	Neck Pulling Hand (Cheung = Palm)
Shat Cheung Sao	Throat Cutting Hand (Cheung = Palm)
Sas Sao	Handkantenschlag seitwärts
Palm strike	Gerader Handflächenstoss
Biu Jee	Finger Tip, Fingerstich, (Handgelenk leicht gebogen)

### Forces (Lik):

Chiun Kiu Fat Lik	Power applied to a single vital spot
Jut Lik	Body shocking force, upsets balance
Mook Lik	Eye Power
Dow Lik	Struggling Force

### Ellbogentechniken

Quia Joang (Jahng)	Butting Elbow
Ding Joang	Ellenbogenstoss
Kwai Joang	Diagonaler Ellbogen, schräg nach unten
Tai Joang	Steigender Ellbogen, nach oben
Wang Joang	Horizontaler Ellbogen, nach aussen
Pye Joang/Pai Joang	Hacking Elbow, Horizontaler Ellbogen, nach innen
Sao Joang	Hinterer Ellbogen, nach hinten
But Doan Joang	Immovable Elbow

### Sparring

Luk Sao	Element of Sparring, analytic
Nuk Sao	Free Sparring
Gaw Sao	Sparring from Seong Chi Sao/Fighting practice

### Fehler im Kampf

Pa Da	Fear of being hit
Dwai Da	Fear of hitting
Tom Da	Greedy to hit

### Waffen

Qwan	Pole
Doh	Knife
Luk Dim Bun Qwan	Dragon Pole
Bat Cham Dao	Butterfly Knives
Geow Sao	Snake Technique

### Drills

Saam Pye Fut	«Praying Thrice to Buddha» (Sil LimTao form)
Saam Sing Sao	Hitting the 3 Stars Hands (Drill)