VING TSUN WORDS

CHINESE IN PRONUNCIATION OF CANTONESE	PRONUNCIATION IN ENGLISH	MEANING IN ENGLISH	REMARKS
詠春派	VING TSUN PAI	VING TSUN STYLE	IP MAN VING TSUN STYLE
詠春拳	VING TSUN KUEN	VING TSUN KUNG-FU	VING TSUN MARTIAL ARTS
小念頭	SIU NIM TAU	TINY IDEA	* LITTLE IDEA
尋橋	CHUM KIU	ARM - SEEKING	* DETECHING HAND BRIDGE
標指	BIU TZE	DARTING FINGERS	* Thrusting fingers
二字拑羊馬	YEE-GEE KIM YEUNG MA	SHEEP - CHAMPING STANCE	* TWO ADDUCTION STANCE
黏手	CHI SAU	HAND CONTACT	* Stick HAND
單黏手	DAN CHI SAU	SINGLE HAND/ONE HAND CONTACT	* SINGLE HAND STICKING
雙黏手	HEUNG CHI SAU	DOUBLE HAND/TWO HAND CONTACT	* DOUBLE HAND STICKING
拳, 直拳	KUEN, Chik Kuen	PUNCH, Straight Punch	
掌, 側掌, 底掌	CHEUNG, Jet Cheung, Dai Cheung	PALM, Side palm, Bottom palm	
膀手	BONG SAU	Front Arm Leaning Hand	* WING ARC HAND
攤手	TAN SAU	LAY FLAT HAND	
護手	WU SAU	PROTECTION HAND	* GUARDING HAND
拍手	PAK SAU	SLAPPING HAND	
伏手	FOOK SAU	TAME FORCE HAND	
一攤三伏	YAT TAN SAAM FOOK	ONG LAY FLAT HAND & THREE TAME FORCE HAND	
沈手	JUM SAU	BLOCKING HAND	* STOPPING/CONTROLING HAND
窒手	GUT SAU	SWIFT HAND	* RAPID HAND
圈手	HUEN SAU	CIRCLING HAND	

澗手 / 耕手	KAN SAU / GARN SAU	PLOUGHING HAND / dividing hand	COMBINATION MOVEMENT (One Tan Sau & one garn Sau)
碌手 / 盤手	LUK SAU / PUN SAU	ROLLING HAND	* WREATHING HAND
攔手	Lan Sau	Blocking hand	
拉手	Larp' sau	Seizing hand	
擒手	Gum Sau	Pinning hand	
捲手	Kwun Sau	Rolling hand	Combination movement (Tan Sau and Bong Sau)
抹手	Mut Sau	Wipe hand	
彈手	Dang Sau	Spring up hand	
過手	Kor Sau	offence and defence	offence and defence practice
橋手	Kiu Sau	Bridge hand	
拂手	Fack Sau	Whisking hand	
穿橋	Chuen Kiu	Piecing arm movement	
抱排掌	Po-pai cheung	Double hand palm	* Aligned hugging palm
蹬掌	Down cheung	Striking palm	
切掌	Chik cheung	Cutting palm	
鈎拳	Au Kuen	Hook punch	
內門	Loi mon	Interior zone	
外門	Noi mon	Exterior zone	
中線	Chung Seen	Centre line	
脫手	Lat Sau	Loosen hand	* Releasing hand
下切掌	Ha Chik cheung	Downword cutting palm	

木人樁	Muk yan chong	Wooden Dummy	
木人樁法	Muk yan chong Fat	wooden dummy method	wooden dummy movement
攞頸	Lap kang	Seizes neck	wooden dummy
三星樁(法)	Saam Sing chong (Fat)	Trangle wooden Stand method	Tripodic piles stand Kicking movement
梅花樁(法)	Mui Fa chong (Fat)	Plum flower wooden Stand method	Plum flower piles stand kicking techniques movements
六點半棍(法)	Luk Dim Poon Kwun (Fat)	Six and half point Pole (method)	Six & half point long Pole (movement Techniques)
搶	Cheung	Spearing	pole
挑·撥	Telt, Boot	Sideward flicking / sweeping	pole
抽	Chau	Jerk up	pole
攔	Lan	fencing	pole
盖	Gom	Covering	pole
釘	Den	Nailing (hit)	pole
彈	Tarn	Flick (spring)	pole
擋	Dum	downward	pole
撲打	Tan Da	Lay-flat hand & punch (attack)	combination movement / method
圈打	Heen Da	Circling hand & punch (attack	-"-
潤耕打	Kan/gan Da	ploughing/dividing hand & punch (attack)	-"-
組合手	Goe Hop San	Combination hand	Combination movement / method
八斬刀(法)	Bart Charm Dao (Fat)	Eight cutting double knife Techniques (method)	
斬	Charm	Cutting / chopping	knife
破	Por	breaking	"

腳(法)	Geuk Fat	Kicking method	Kicking movement
直 腳	Chik geuk	Front Kick	* Straight Kicking
側 腳	Chuk geuk	Side kick	Tripodic stand
擺 腳	Baij geuk	Swing kick	— " —
無影腳	Mo ying geuk	Shadowless Kicking	Plum flower stand
虎尾腳	Fu mei geuk	Tiger Tail Kicking	Plum flower stand
連環三腳	Lin Wan Saam geuk	Three kicking continuous	Plum flower stand
肘	Jarm	ellow	
跪 肘	Kai Jarm	knee ellow	
扱 肘	Cup Jarm	downward ellow	
劈(拋)肘	Tam Jarm	upward ellow	
批 肘	Pei Jarm	side ellow	
後 肘	Hau Jarm	back ellow	
點 穴/穴	Din mark/yuet	acupoint strike	Acupuncture
來留去送	Loi-Lau Hui-zone	Come - Stay go - send	詠春拳口訣
脫手直冲	Lat-sau Chik chung	Immediate attack when Loosen the hand	Ving Tsun Kungfu
連消帶打	Lin-Siu Dai-Da	defence & attack at the same time	Poetic Rhyme
以打為消	E-da wai Siu	attack instead of defence	
梅花步	Mui Fa Po	Plum flower Step	wooden dummy Tripodic + plum flower stand
破中	Por chung	Centre breaking	
偏手	Lau Sau	Shift hand	Shift hand from Exterior zone to interior zone

搓·拖	Got	Slice/drawing	Knife
攞	Kwun	Rolling	〃
撞	Tong	Inserting	〃
當刂	Tom	operating	〃
倒當刂	Ong Tom	Reverse operating	〃
破中	Por Chung	Centre breaking	〃
沈	Jum	Blocking/stopping	〃
耕	Garm/Kan	Plough/divide	〃
攤住	Tan	Lay-flat	〃
圈·拂	Huen, Hat	Circling, Whisking	〃
外擺腳	Nor buy geuk	External Swing Kick	Tripodic Stand
內擺腳	Loi buy geuk	Internal Swing Kick	〃
掃腳	So geuk	Sweep kicking	〃 Plum Flower Stand
撞膝	Tung Chenk	Knee attack	Wooden Dummy
跪腳	Kai geuk	Knee attack	Plum flower Stand
鉤腳	Au geuk	hooking Kick	〃
上頸手	Sheung Kang San	Neck Lifting hand movement	wooden dummy
轉馬	Jum Ma	Pivoting Stance	
進馬	Chun ma	Stepping forward	
迫步	Big Po	Stepping in	
重心 平衡	Chung Sam Ping Hang	Gravity Balance	

退馬	Tou Ma	Step backward	
橫撐腳	Wang Chang guek	Side thrusting kick	wooden dummy
橫踩腳	Wang chai guek	Side stamping kick	— 〃 —
內圈手	Noi Huen Sau	internal circling hand	
外圈手	Oi Huen Sau	external circling hand	
宗師	Chung Sai	grandmaster	
師傅	SiFu	Master	Technician for all the jobs
師父	SiFu	Teacher/ Kung-Fu Instructor Father	your teacher/ or instructor teaching your Kung-Fu
師兄	Si-Hing	Senior Kung-Fu brother	
師弟	Si-Di	Junior Kung-Fu brother	
師侄	Si-jat	Kung-Fu Nephew	
師公	Si-gong	Sifu's Sifu	
中線理論	Chung Sin Lai Lun	Centre line Theory	
徒弟	To Dai	Kung-Fu son/ Student	
師母	Si-MO	Sifu's wife	
師伯	Si-Pak	Si-fu's Si-Hing	
師叔	Si-Sok	Sifu's Si-dai	
平搥	Ping Tsui	Flat Punch	
鳳眼搥	Fung Ngan Tsui	Phoenix-eye fist punch	
勁彈手	Kung, Gut, Dang, Sau	Force, swift and spring up hand	wodden dummy
* = also know as			