

WING CHUN COMPETITION EVENTS

CHI SAO ADULTS ADVANCED
CHI SAO ADULTS INTERMEDIATE
CHI SAO ADULTS BEGGINNER
CHI SAO KIDS (15 yrs & under)
(Chi Sao competition open to all styles)

WING CHUN Forms Advanced
WING CHUN Forms Intermediate
WING CHUN Forms Beginner

WING CHUN Weapons

RULES FOR CHI SAO(sticky hands)

- 1)This competition will not be judge by a point system, but rather by overall performance.
- 2)Winner will be determined by the best two out of three rounds.
- 3)Each round will be timed one minute.
- 4)Competitors will engage in the standard Chi Sao bridge hands position and begin a succession of three rolls to start the match.
- 5)Officials will call “Break” at anytime to stop the match for any reason.
- 6)Officials will recognize proper Wing Chun technique and not brute force.
- 7)No grabbing opponents clothing.
- 8)No excessive force.
- 9)No contact to the face, throat, neck or groin.
- 10)No elbow strikes or head butts.
- 11)Rules are subject to change at anytime.

RULES FOR WING CHUN FORMS

- 1)There will be a three minute time limit on all Wing Chun Forms.
- 2)Categories will be divided into beginner, intermediate and advanced..
- 3)Judges will critic the basic principles and characteristics of the various Wing Chun forms, while considering the different lineages.