

# **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

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## **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.