



Wing Chun Twenty-Four Leg Techniques and Chī Geuk 詠春 24 腳法及躑脚

Many people who study Wing Chun only think about the hand techniques. Although the hands are very important, there is a Chinese saying, "Hands are like two swinging doors; it is all based on the legs attacking the enemy - 手為兩扇門，全憑腳打人." This means that defending and attacking with hands is not as important as the legs. Firstly the legs are stronger and so one kick will cause more damage than a punch. Secondly, if we want to punch someone then our footwork must be good enough so that we can get the right position and distance. So the legs are actually more important than the hands.

In Wing Chun we have Twenty-Four Leg Techniques 24 腳法 and Chī Geuk 躑脚 – Sticking Leg. These will help us develop our legs so that they will become more important than the hands.

Sticking Leg - Chī Geuk 躑脚

1. 膀脚 Bóng Geuk, 蹬脚 Dāng Geuk
2. 膀脚 Bóng Geuk, 拍脚 Páak Geuk, 蹬脚 Dāng Geuk
3. 膀脚 Bóng Geuk, 勾脚 Ngāu Geuk, 蹬脚 Dāng Geuk

Twenty-Four Leg Techniques 腳法及

Attack 攻

- | | | |
|------------------|-----------------|-------------------------|
| 1. 蹬脚 Dāng Geuk | 5. 抹脚 Mut Geuk | 9. 圈馬 Hyūn Máh* |
| 2. 鑊脚 Cháan Geuk | 6. 鑿脚 Johk Geuk | 10. 連環脚 Lihn Wàahn Geuk |
| 3. 窒脚 Jaht Geuk | 7. 標脚 Bīu Geuk | 11. 後蹬脚 Hauh Dāng Geuk |
| 4. 側脚 Jāk Geuk | 8. 托脚 Tok Geuk | |

Defence 守

- | | |
|----------------|-----------------|
| 1. 接脚 Jip Geuk | 2. 格脚 Gāan Geuk |
|----------------|-----------------|

Attack and Defence 攻守

- | | | |
|------------------|------------------|------------------|
| 1. 踩脚 Cháai Geuk | 3. 拍脚 Páak Geuk | 5. 勾脚 Ngāu Geuk* |
| 2. 膀脚 Bóng Geuk | 4. 圈脚 Hyūn Geuk* | |

Sat (Knee) 膝

- | | | |
|----------------|-----------------|-----------------|
| 1. 頂膝 Díng Sāt | 2. 跪膝 Gwaih Sāt | 3. 撞膝 Johng Sāt |
|----------------|-----------------|-----------------|

**Notes: These techniques all have both inward (Noih 內) and outward (Nghoh 外) circle*