



## Wing Chun Sahp Sīng Bouh 詠春十星步 Ten Star Footwork

Many people who study Wing Chun only think about the hand techniques, this is wrong. The most important things are actually the legs, but we are not talking about kicking, we are talking about footwork. Without good footwork all our techniques can be wrong. We have 24 Leg Techniques 腳法及, Chī Geuk 躡脚 – Sticking Leg, and Ten Star Footwork Sahp Sīng Bouh 十星步.

In Ten Star Footwork, the first two are stationary and are the Yih Jih Kihm Yèuhng Máh 二字鉗羊馬 and Yāt Geuk Jōng 一脚樁. The next four are basic footwork and the last four are advanced footwork.

1. **Yih Jih Kihm Yèuhng Máh 二字鉗羊馬 – Character Two Goat Gripping Stance**  
*Basic Wing Chun Stance*
2. **Yāt Geuk Jōng 一脚樁 - One Leg Stance**  
*Kicking, Chī Geuk, and Mùih Fā Jōng 梅花樁 - Plum Blossom Post*
3. **Jyún Máh 轉馬 - Turning Stance**  
*Turn to reach out to attack opponent, step back and turn to defend*
4. **Wàahng Máh 橫馬 - Sideways Step**  
*Walking a circle, walk to the weak side of the opponent to avoid facing both hands*
5. **Jeun Máh 進馬 - Forward Step**  
*Step forwards to attack*
6. **Teui Máh 退馬 - Backward Step**  
*Step back to defend, front toes pointing towards opponent's centre*
7. **Bīu Máh 標馬 - Thrusting Step**  
*Quickly thrust towards opponent to attack, not more than three meters and two steps*
8. **Faai Jeun Máh 快進馬 - Fast Forward Step**  
*Walk quickly using left and right feet to get close and attack opponent*
9. **Faai Teui Máh 快退馬 - Fast Backwards Step**  
*Walk back quickly in a straight line, but not more than three steps, then attack back.*
10. **Jih Yàuh Máh 自由馬 - Free Style Stepping**  
*Covers all previous nine footwork. Move freely, can be fast or slow, always maintain shoulder width distance between the feet. Always use to fight in all situations and against many opponents.*

Ten Star Footwork is based on all the Wing Chun Footwork. I have organised them and for each have listed their meaning, how we practice them and how we apply them.

I began organising them in 2000 and in the beginning they were Seven Star Footwork, but these did not include Yih Jih Kihm Yèuhng Máh and Yāt Geuk Jōng and only had Faai Máh, which was not separated out into Faai Jeun Máh and Faai Teui Máh. With these additions we now have Ten Star Footwork. I wrote an article about them in my Sīfú's Wing Chun Family Tree book.