

Wing Chun Kuen Kuit

詠春拳訣

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Wing Chun Kuen Kuit

Direct translation: (Wing Chun) + (fist) + (poems/maxims/formula/proverbs/sayings)

Meaning: Martial Art maxims, or “fighting songs” specific to Wing Chun.

Wing Chun kuen kuit are usually written in the format of short poems – in many cases, such poems are written in two sentences as rhythmic verses, which together define the essence of a specific Wing Chun technique, concept or principle.

Historically (18th Century), Martial Art practitioners, rebels, sought to overthrow the government and devised a number of cryptic maxims used to communicate kung fu techniques/concepts amongst themselves verbally – some of these cryptic maxims were unique to Wing Chun.

Many of the Wing Chun kuen kuit, are often derived from local slang, and even when translated or broken down, may have limited or no meaning to a person who has no knowledge of Wing Chun; and it is not uncommon for Wing Chun practitioners to also baffle at the true underlying meaning or interpretation of the kuen kuit.

One of the prevalent Wing Chun kuen kuit's is:

“Loi Lao Hoi Song, Lut Sau Jik Chong” (the meaning of this is explained [here](#)).

Yip Man was noted for often referencing such Wing Chun kuen kuit when instructing his students.

An error made by many teachers today is to cite maxims that are not “true” keun kuit, one example, when translated, is “Timing is achieved through practice” – this is not a true kuen kuit per se; in other situations some teachers would also cite kuen kuit that do not originate from or relate to Wing Chun.

During school sessions, my sifu NG Chun-hong, would often ask the class to sit as he used his whiteboard to explain a kuen kuit in detail. I would always equip myself with a pen and paper at each class just in case I wanted to make notes of sifu's lecture.

Another kuen kuit taught by my sifu is: “Chui Bin-Fa, Yi Bin-Fa”(the meaning of this is also explained [here](#)).

One could equate the collection of kuen Kuit to a kung fu manual containing hints and tips on how to fight using Wing Chun. To the practitioner, many of the Wing Chun kuen kuit will provide further clarity and insight, as they mature/progress in their Wing Chun training.

Wing Chun kuen kuit allow the practitioner to make self-discoveries, some of which cannot (and should not) be clearly spoon-fed, as this would impede the development of one's maturity and in-depth understanding of the art.

Like the three forms, wooden dummy, long pole, and short knives, the kuen kuit are yet another tool that is used to grow and develop your Wing Chun.