

Wing Chun Rules of Conduct

詠春祖訓

Sau Gei Leut	Sung Seung Mou Dak
守紀律	崇尚武德
Remain disciplined	Conduct yourself ethically as a martial artist
Ming Lai Yi	Ngoi Gwok Jeun Chan
明禮義	愛國尊親
Practice courtesy and righteousness	Serve the society and respect your elders
Ngoi Tung Hok	Tyun Git Lok Kwan
愛同學	團結樂群
Love your fellow students	Be united and avoid conflicts
Jit Sik Yuk	Bou Sau Jing San
節色慾	保守精神
Limit your desires and pursuit of bodily pleasures	Preserve the proper spirit
Kan Lin Jaap	Gei Bat Lei San
勤練習	技不離身
Train diligently	Maintain your skills
Hok Yeung Hei	Gai Laam Dau Jang
學養氣	戒濫鬥爭
Learn to develop spiritual tranquility	Abstain from arguments and fights
Dong Chyu Sai	Taai Dok Wan Man
當處世	態度溫文
Participate in society	Be moderate and gentle in your manners
Fu Yeuk Siu	Yi Mou Fu Yan
扶弱小	以武輔仁
Help the weak and the very young	Use martial skills for the good of humanity
Gai Sin Seui	Gan Chi Jou Fan
繼先緒	僅持祖訓
Pass on the tradition	Preserve the Ancestors' art and rules of conduct