

Kung Fu Lau Gar

White Sash Syllabus

Walking Techniques

Harnng Ma Ping Choi - Basic Walk and Punch

Hand Blocks

Jor Dong Ping Choi - Left Hand Block and Punch – No.1 Hand Block

Yau Dong Ping Choi - Right Hand Block and Punch – No.2 Hand Block

Kick Blocks

Jor Dong Yeun Tak - Left Block and Turning Kick – No.1 Kick Block

Jor Dong Tsin Tak -Right Block and Front Kick – No.2 Kick Block

Kicks

Tsin Tak - Front Kick

Yeun Tak - Turning Kick

Warng Tak - Side Kick

Other Techniques

Kair Ma Bo Ping Choi - Horse Riding Stance and Punch