

Kung Fu Lau Gar

Brown Sash Syllabus

Walking Techniques

Kok Chung Ma Bo - Combination of Walks

Hand & Kick Blocks

Sup Sarn Sau - All Hand and Kick Blocks

Set Movements

Kay Boon Sau Fa - Basic Hand Movement

Jorn Sau Set Hand Movement

Charp Choi - Drilling Hands

Far Kuin - Flower Fist

Fai Lung Gee - Finger Movements of the Dragon

Lau Gar Luk Hap Kuen - Fist of 6 Co-Ordinations

Bac Pye Jurn - Palm Of The Bac Pye Mountain

Kicks

Lin Wan Tak Fa - Combination of Kicks

Fai Sun Tak Fa - Jumping Kicks: Tsin Tak, Yeun Tak, Warng Tak and Hou Tsarn

Other Techniques

Houn Sau Doi Dough - Knife Defence

Kwun Jorn - Stick Defence

Soy Mok - Wood Breaking

Gee Yau Bok Gaik - Free Fighting