

Kung Fu Lau Gar

Blue Sash Syllabus

Walking Techniques

Beau Gee Ping Choi - Spear Hand and Punch

Harnng Ma Lin Wan Choi - Basic Walk and 3 Punches

Kicking Techniques

Cern Ma Tsin Tak - One Step Front Kick

Cern Ma Yeun Tak - One Step Turning Kick

Cern Ma Warng Tak - One Step Side Kick

Hand Blocks

Jor Jurn Pin Choi - Left Palm Block and Punch - No.3 Hand Block

Yau Jurn Pin Choi - Right Palm Block and Punch - No.4 Hand Block

Kick Blocks

Jor Til Warn Tak - Left Jump and Side Kick - No.3 Kick Block

Yau Kiu Yeun Tak - Right Bridge Turning Kick - No.4 Kick Block

Set Movements

Kay Boon Sau Fa - Basic Hand Movement

Other Techniques

Kair Ma Bo Lin Wan Choi - Horse Riding Stance and 3 Punches