

Kung Fu Lau Gar

Green Sash Syllabus

Walking Techniques

Beau Gee Ping Choi - Spear Hand and Punch
Sern Beau Gee - Double Spear Hands
Sern Ping Choi - Double Punches
Sern Yeeu Kiu - Double Bridge Hands

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
Cern Ma Hou Tsarn - One Step Back Kick
Cern Ma Ciun Tak - One Step Spinning Kick

Hand Blocks

Fu Jau - Tiger Claws - No.7 Hand Block
Godd Sau Ding Jurn - Harvest Hand and Palm Strike - No.8 Hand Block

Kick Blocks

Bong Sau Bow Jarn - Bridge Hand Block and Elbow Strike - No.7 Kick Block
Churn Ma Jorn Choi - Slide Step and Upper Punch - No.8 Kick Block

Set Movements

Kay Boon Sau Fa - Basic Hand Movement
Jorn Sau - Set Hand Movement
Charp Choi - Drilling Hands

Other Techniques

Gee Yau Bok Gaik - Free Fighting