

Kung Fu Lau Gar

Orange Sash Syllabus

Walking Techniques

Sern Beau Gee - Double Spear Hands

Sern Ping Choi - Double 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

Cern Ma Hou Tsarn - One Step Back Kick

Hand Blocks

Sern Jarn Double Elbows - No.5 Hand Block

Gau Choi Rolling Punch - No.6 Hand Block

Kick Blocks

Fing Choi Spinning Punch - No.5 Kick Block

Yeeu Kiu Bridge Hand and Punch - No.6 Kick Block

Set Movements

Kay Boon Sau Fa - Basic Hand Movement

Jorn Sau - Set Hand Movement