

Kung Fu Lau Gar

Purple Sash Syllabus

Walking Techniques

Cern Dong Ping Choi Tsin Tak - Upper Block, Punch and Front Kick

Joun Dong Ping Choi Yeun Tak - Middle Block, Punch and Turning Kick

Har Dong Ping Choi Warng Tak - Lower Block, Punch and Side Kick

Sern Pak Jurn Farn Choi Hou Tsarn - Double Palm, Back Punch and Back Kick

Set Movements

Kay Boon Sau Fa - Basic Hand Movement

Jorn Sau - Set Hand Movement

Charp Choi - Drilling Hands

Far Kuin - Flower Fist

Fei Lung Gee - Finger Movements of the Dragon

Other Techniques

Houn Sau Doi Dough - Knife Defence

Gee Yau Bok Gaik - Free Fighting