

Kung Fu Lau Gar

Yellow 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

Lin Wan Tak Fa - Combination of Kicks

Hand Blocks

Pak Jurn Farn Choi - Palm Block and Back Fist - No.9 Hand Block

Ton Kiu Chei Jurn - Bridge Hand and Palm Strike - No.10 Hand Block

Kick Blocks

Bow Jarn Warng So - Elbow Strike and Sweep - No.9 Kick Block

Jau Ma Farn Choi Ding Tsut - Run Through Back Fist and Knee Strike - No.10 Kick Block

Set Movements

Kay Boon Sau Fa - Basic Hand Movement

Jorn Sau - Set Hand Movement

Charp Choi - Drilling Hands

Far Kuin - Flower Fist

Kicks

Fan Yeun Tak - Hook Kick

Ngau Lim Toi - Sickle Kick

Other Techniques

Gee Yau Bok Gaik - Free Fighting