



KUNG FU SYLLABUS

LAU GAR STYLE

TERMINOLOGY

Sifu.....	Instructor
Toadye.....	Student
Lup Tsing.....	Attention
Kin Lai.....	Salute
Yeu Bay.....	Ready
Hoi Chee.....	Start
Sau Ma.....	Finish
Ping Choi.....	Flat Punch
Tseek Choi.....	Straight Punch
Yut.....	One
Yee.....	Two
Sarm.....	Three
Say.....	Four
Ng.....	Five
Luk.....	Six
Tsut.....	Seven
Bac.....	Eight
Gou.....	Nine
Sup.....	Ten

1ST CUP

WHITE SASH

HARNG MA PING CHOI.....Basic Walk and Punch

KAIR MA BO PING CHOI.....Horse Riding Stance and Punch

TSIN TAK.....Front Kick

YEUN TAK.....Turning Kick

WARNG TAK.....Side Kick

JOR DONG PING CHOI.....Left hand block & Punch (No.1 Punch)

YAU DONG PING CHOI.....Right hand block & Punch (No.2 Punch)

JOR DONG YEUN TAK.....Left kick block and turning kick (No.1 Kick)

JOR DONG TSIN TAK.....Left kick block and front kick (No.2 Kick)

2ND CUP

BLUE SASH

- BEU GEE PING CHOI.....Spear Hand and Punch
- HARNG MA LIN WAAN CHOI.....Basic Walk & Three Punches
- KAR MA BO LIN WAAN CHOI.....Horse Riding Stance & Three Punches
- CERN MA TSIN TAK.....One Step Front Kick
- CERN MA YEUN TAK.....One Step Turning Kick
- CERN MA WARNG TAK.....One Step Side Kick
- JOR JURN PING CHOI.....Left palm block & punch (No.3 Punch)
- YAU JURN PING CHOI.....Right palm block & punch (No.4 Punch)
- JOR TIL WARNG TAK.....Left jump & side kick (No.3 Kick)
- YAU KIU YEUN TAK.....Right bridge turning kick (No.4 Kick)
- KAY BOON SAU FA.....Basic Hand Movement (No.1 Set)

3RD CUP

ORANGE SASH

SERN BEU GEE.....Double Spear Hands

SERN PING CHOI.....Double Punches

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

SERN JARN.....Double Elbows (No.5 Punch)

GAU CHOI.....Rolling Punch (No.6 Punch)

FING CHOI.....Spinning Punch (No.5 Kick)

YEEU KIU.....Bridge Hand & Punch (No.6 Kick)

KAY BOON SAU FA.....Basic Hand Movement (No.1 Set)

JORN SAU.....Set Hand Movement (No.2 Set)

4TH CUP GREEN SASH

BEU GEE PING CHOI.....	Spear Hand & Punch
SERN BEU GEE.....	Double Spear Hands
SERN PING CHOI.....	Double Punches
SERN YEEU KIU.....	Double Bridge Hands
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
FU JAU.....	Tiger's claws (No.7 Punch)
GODD SAU KING JURN.....	Harvest hand & palm strike (No.8 Punch)
BONG SAU BOW JARN.....	Bridge hand block & elbow strike (No.7 Kick)
CHURN MA JORN CHOI.....	Slide step & upper punch (No.8 Kick)
KAY BOON SAU FA.....	Basic Hand Movement (No.1 Set)
JORN SAU.....	Set Hand Movement (No.2 Set)
CHARP CHOI.....	Drilling Punches (No.3 Set)
GEE YAU BOK GAIK.....	Free Fighting

5TH CUP

YELLOW SASH

BEU GEE PING CHOI.....	Spear Hand and Punch
SERN BEU GEE.....	Double Spear Hands
SERN PING CHOI.....	Double Punches
SERN YEEU KIU.....	Double Bridge Hands
LIN WAN TAK FA.....	Combination of Kicks
NGAU LIM TOI.....	Sickle Kick
PAK JURN FARN CHOI.....	Palm block & back fist (No.9 Punch)
TON KIU CHEI JURN.....	Bridge hand & palm strike (No.10 Punch)
BOW JARN WARNG SO.....	Sweep & elbow strike (No.9 Kick)
JAU MA FARN CHOI DING TSUT....	Run through, back fist & knee strike (No.10 Kick)
KAY BOON SAU FA.....	Basic Hand Movement (No.1 Set)
JORN SAU.....	Set Hand Movement (No.2 Set)
CHARP CHOI.....	Drilling Punches (No.3 Set)
FAR KUIN.....	Flower Fist (No.4 Set)
GEE YAU BOK GAIK.....	Free Fighting

6TH CUP

PURPLE SASH

- LIN WAN TAK FA.....Combination of Kicks
- KOK CHUNG MA BO.....Combination of Walks
- CERN DONG PING CHOI TSIN TAK.....Upper block, punch &
front kick
- JOUN DONG PING CHOI YEUN TAK.....Middle block, punch &
turning kick
- HAR DONG PING CHOI WARNG TAK.....Lower block, punch &
side kick
- SERN PAK JURN FARN CHOI HOU TSARN...Double palm, back punch
& back kick
- HOUN SAU DOI DOUGH.....Knife Defence (Nos. 1- 6)
- KAY BOON SAU FA.....Basic Hand Movement (No.1 Set)
- JORN SAU.....Set Hand Movement (No.2 Set)
- CHARP CHOI.....Drilling Punches (No.3 Set)
- FAR KUIN.....Flower Fist (No.4 Set)
- FAI LOONG GEE.....Finger Movement of Dragon (No.5 Set)
- GEE YAU BOK GAIK.....Free Fighting

7TH CUP

BROWN SASH

- KOK CHUNG MA BO.....Combination of Walks
- LIN WAN TAK FA.....Combination of Kicks
- SERN TAK.....Double Kick
- HOUN SAU DOI DOUGH.....Knife Defence (Nos. 1- 8)
- KWUN JORN.....Stick Defence
- KAY BOON SAU FA.....Basic Hand Movement (No.1 Set)
- JORN SAU.....Set Hand Movement (No.2 Set)
- CHARP CHOI.....Drilling Punches (No.3 Set)
- FAR KUIN.....Flower Fist (No.4 Set)
- FAI LOONG GEE.....Finger Movement of Dragon (No.5 Set)
- LAU GAR LUK HUP KUIN.....Fist of Six Co-ordinations (No.6 Set)
- SOY MOK.....Wood Breaking
- GEE YAU BOK GAIK.....Free Fighting

8TH CUP

BLACK SASH

KOK CHUNG MA BO.....	Combination of Walks
LIN WAN TAK FA.....	Combination of Kicks
SUP SARN SAU.....	All Hand Blocks & Kick Blocks
FAI SUN TSIN TAK.....	Jumping Front Kick
FAI SUN YEUN TAK.....	Jumping Turning Kick
FAI SUN WARNG TAK.....	Jumping Side Kick
FAI SUN HOU TSARN.....	Jumping Back Kick
FAI SUN CIUN TAK.....	Jumping Spinning Kick
HOUN SAU DOI DOUGH.....	Knife Defence (Nos. 1- 10)
KWUN JORN.....	Stick Defence
KAY BOON SAU FA.....	Basic Hand Movement (No.1 Set)
JORN SAU.....	Set Hand Movement (No.2 Set)
CHARP CHOI.....	Drilling Punches (No.3 Set)
FAR KUIN.....	Flower Fist (No.4 Set)
FAI LOONG GEE.....	Finger Movement of Dragon (No.5 Set)
LAU GAR LUK HUP KUIN.....	Fist of Six Co-ordinations (No.6 Set)
BAC PYE JURN.....	Palm of the Bac Pye Mountain (No.7 Set)
SOY MOK.....	Wood Breaking
GEE YAU BOK GAIK.....	Free Fighting