

Choi Lai Fut Kung Fu

Blue Sash I

Forms

Ng Lun Chui

Leopard Portion of the 5 Animals Form (Ng Ying Kuen)

Techniques (San Sou)

Secondary 5

Leung Jen #1 Snap Thrust

Leung Jen #2 Back Kick

Drills

Gwa Sau

Sau Gwa Chop

Roundhouse

Back Thrust

Cross Over Snap / Cross Over Snap Thrust

Slide Kick

Front Snap Cross Kick