

Choi Lai Fut Kung Fu

Blue Sash II

Forms

Siu Sup Ji

Techniques (San Sou)

La Jau Kick Defenses (x5)

Basic 7

7 Block Punch

10 Basic Blocks

Left Hand Block

Right Hand Block

Walk-in-Kick Defense (x2)

Grab Defenses

Drills

-hand drills (double gwa sau, pau backhand pau, poon kiu gwa poon kiu sau)

-moving drills (pau jong w/triangle horse, wong sau w/triangle horse, fan jong w/RR track stance, jabbing in fighting stance)

-kicking with alternate hands

-2 man drills (5 Stars, Pak Sau Chop, Nop Sau Gwa, following strength)