

# Choi Lai Fut Kung Fu

## Brown Sash I

### Forms

Ping Jiang Kune

Sei Moon Kiu Jau San Ma

Dahn Do

Chen Staff

### Techniques (San Sou)

Jumping Reverse Kick

Kahn Jeong

Chen Jong

Central Attack

Trap Hands

Back Kick Defense

Boxer Defenses (x3)

### Drills

Bag Drills (x2)