

Choi Lai Fut Kung Fu

Brown Sash II

Forms

Hung Kune

Sah Bau Jong - Hanging Bag

Tiger vs. Leopard-2 Man

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

Techniques (San Sou)

Bei Jen Foon Siu (x8+)

Back Sweep Attack

Monkey Stealing Peach

San Sau (x3)

Chum Kiu Kam Kem

Kiu Siu Throw

