

Choi Lai Fut Kung Fu

Green Sash I

Forms

Defensive Set

Offensive Set

Staff (Seong Gup Dahn Gwun - single and double ended staff
[Wong])

Techniques (San Sou)

Cross Step

Kick Combo

Leung Jen Double Pau

Leung Jen #3 Side Thrust

Chi Sau

Keyhole

Chum Kiu Kam Kem

Pitchfork

Drills

shooting star

7 stars

nap sau chop, poon kiu chop

pak sau chop, nap sau gwa

1-2-3 partner drill