

Choi Lai Fut Kung Fu

Green Sash II

Forms

Siu Mui Fa

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

Techniques (San Sou)

La Siu Tho Geuk (x7)

Basic 8

Secondary 8

Back Sweep Defense

Left Side Attack

Reverse Crescent Attack

Gwa Sau Attack

Central Counter Attack

Leung Jen Tho Geuk

Fu Jao Gwa Pau

Drills

Yeung Kiu Chop Dong Geuk

Pek Choi Au Sau Chong Geuk

9 Stars