

<p><b>1st WHITE</b></p> <p><u>Techniques:</u></p> <p>Buddha Palm Wong Sau, Pau Jong Poon Kiu, Nap Sau Gwa Sau Chum Kiu Lun Jin Chop Spinning Dragon vs. Tiger Buddha Bows Wrist Snapper Gwon Kiu Gwa Chop</p> <p><u>Drills/other:</u></p> <p>Waist Twisting Leg stretches/stretch kicks Heart House ABC's of Self-Defense</p>
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<p><b>2nd WHITE</b></p> <p><u>Forms:</u></p> <p>Horse Set / Horse Stances Small Cross- Closed Fan <b>Dragon-Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Push Kick, Round Kick, Snap Kick Spinning Turtle, Alligator Rolls Knee Crackers, Crab Grab Defense Bucking Bronco Bridge Python Ties Up The Tiger</p> <p><u>Drills/other:</u></p> <p>Water Tiger Push-ups, Fire Tigers Sleeping Buddhas Squats and Leg Lift Holds Back Bridge or Wrestler's Bridge Spinning Exercise Basic Rolls Animal Walks Heart House Examples ABC's Recall</p>
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<p><b>3rd WHITE</b></p> <p><u>Forms:</u></p> <p>Small Cross-Fan Small Cross-Staff</p> <p><u>Techniques:</u></p> <p>Monkey Steals Peach Leopard Climbs Tree Tiger Looks Back(side kick) Dragon Whips His Tail Tiger Sweeps Away Plum Blossoms Dragon Kick Defense (Leung Jin)</p> <p><u>Drills/other:</u></p> <p>Cross Kick, Cross Kick/Side Kick Spinning Back Kick Kick Boxing Combos &amp; Sparring Heart House-journal 4 R's of Effective Apologies. ABC's (parents)</p>
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<p><b>1st YELLOW (youth)</b></p> <p><u>Forms:</u></p> <p>Small Cross Single Sword Small Cross Double Sword</p> <p><u>Drills:</u></p> <p>2 Person (stick drill) 2 Person (2 stick drill) 2 Person Staff drills Bagwa Gwon</p> <p><u>1st YELLOW</u></p> <p><u>Forms:</u></p> <p>Horse Set / Horse Stances <b>Dragon-Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Wong Sau, Pau Jong Poon Kiu, Nap Sau Gwa Sau Chum Kiu Lun Jin Chop</p> <p><u>Drills/other:</u></p> <p>Water Tiger Push-up, Fire Tigers Sleeping Buddhas</p>
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<p><b>2nd YELLOW</b></p> <p><u>Forms:</u></p> <p>Ng Lun Ma Salute Set</p> <p><u>Techniques:</u></p> <p>Up Down Gwa Chop Poon Kiu Sau Gwa Chop Basic 5 Push Kick, Round Kick, Snap Kick Cross Kick, Cross Kick/Side Kick Gwon Kiu Gwa Chop</p>
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<p><b>1st BLUE</b></p> <p><u>Forms:</u></p> <p>Ng Lun Chui <b>Leopard-Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Secondary 5 Leung Jen #1 Snap Thrust Leung Jen #2 Back Kick</p>
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<p><b>2nd BLUE</b></p> <p><u>Forms:</u></p> <p>Siu Sup Ji</p> <p><u>Techniques:</u></p> <p>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</p> <p><u>Drills:</u></p> <p>double gwa sau pau backhand pau poon kiu gwa poon kiu sau pau jong/wong sau w/Δ horse fan jong w/RR track stance jabbing drills, fighting stance 5 Stars Pak Sau Chop / Nop Sau Gwa</p>
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<p><b>1st GREEN</b></p> <p><u>Forms:</u></p> <p>Defensive Set Offensive Set Staff</p> <p><u>Techniques:</u></p> <p>Cross Step Kick Combo Leung Jen Double Pau Leung Jen #3 Side Thrust Chi Sau Keyhole Chum Kiu Kam Kem Pitchfork</p> <p><u>Drills:</u></p> <p>shooting star 7 stars nap sau chop poon kiu chop 1-2-3 partner drill</p>
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<p><b>3rd YELLOW</b></p> <p><u>Forms:</u></p> <p>Small Cross <b>Tiger-Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Leung Jen (x4) Double Block Kam Kem Chi Geuk Spinning Back Kick</p>
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<p><u>Drills:</u></p> <p>Gwa Sau Sau Gwa Chop Roundhouse Back Thrust Cross Over Snap / Snap Thrust Slide Kick Front Snap Cross Kick</p>
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<p><b>2nd GREEN</b></p> <p><u>Forms:</u></p> <p>Siu Mui Fa <b>Snake- Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>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 Jau Kwa Pau</p> <p><u>Drills:</u></p> <p>yeung kiu chop dong geuk pek chui au sau chong geuk 9 stars</p>
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<p><b>1st BROWN</b></p> <p><u>Forms:</u></p> <p>Ping Jiang Kune Sei Moon Kiu Jau San Ma Dahn Do Chen Staff</p> <p><u>Techniques:</u></p> <p>Jumping reverse Kick Kahn Jeong Chen Jong Central Attack Trap Hands Back Kick Defense Boxer Defense (x3)</p> <p><u>Drills:</u></p> <p>Bag Drills</p>
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<p><b>2nd BROWN</b></p> <p><u>Forms:</u></p> <p>Hung Kune Sah Bau Jong - hanging bag Tiger vs. Leopard-2 man <b>Crane-Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Bei Jen Foon Siu (x8+) Back Sweep Attack Monkey Stealing Peach San Sau (x3) Chum Kiu Kam Kem Kiu Siu Throw</p>
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<p><b>1st BLACK</b></p> <p><u>Forms:</u></p> <p>Charge Set Tho Geuk Set Butterfly Knives 18 Yin Yang Staff-2 man Thum Gok Form <b>Ng Ying Kuen</b></p> <p><u>Techniques:</u></p> <p>Tap Hand Kick Double Punch Club Defenses (x2) Knife Defenses (x3)</p>
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