

Choi Lai Fut Kung Fu

White Sash I (Youth)

Techniques

Salutation – Buddha Palm

Dragon Stretches His Claw – Wong Sau (Hook Punch)

Dragon Scoops the Moon – Pau Jong (Upper Cut)

Cobra Climbs the Limb – Poon Kiu (Inward Circles)

Dragon Scoops & Twists His Claw – Nop Sau (Outward Circles)

X-Punch – Gwa Sau

Chum Kiu

Dragon Shoots A Golden Arrow – Lun Jin Chop (Straight Punch)

Spinning Dragon Defends Against A Tiger Push or Choke

Buddha Bows – Defense Against Front Shirt Push/Grab

Wrist Snapper – Defense Against Front Shirt Grab

Gwon Kiu Gwa Chop

Drills/other

Waist Twisting

Leg stretches/stretch kicks

Heart House – Purpose: Develop virtuous qualities used to get along with others and overall success in life.

Task: Draw or make a heart house with parts labeled.

Floor – Faith/Trust/Belief

Roof – Humbleness

Walls – Loyalty, Honesty, Kindness, Respect,

Rafters- Perseverance/Courage

Door- Self Control- “ Balance Courage with Consideration”

Door Knob- Self Respect

The Key- Integrity “Make Promises That You Can Keep To Develop Trust.”

Windows- Internal and External Wisdom, Creativity

Window Shades- Degree of Receptivity/Communications/Awareness

ABC’s of Self-Defense – “When In Doubt Get Out” see and memorize separate handout