

Choi Lai Fut Kung Fu

White Sash II (Youth)

Forms

Horse Set / Horse Stances

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

Small Cross with A Closed Fan and Fist

Techniques

Crane Kicks With Heel (push kick)

Round Wheel Kick

Snap Kick

Knee Crackers (Ground Defense Against Crouching Opponent)

Bucking Bronco Bridge

(Ground Defense Against Mounted Opponent) (Turn the wheel, crab guard)

Spinning Turtle, Alligator Rolls, Crab Grab Defense

(Ground Defense Against Head Kicks, Leg Grabs)

Python Ties Up The Tiger

(Defense against being lifted and being carried away)

Drills/other

Crane Stands on One Leg with Sounds (Duk Lup Ma)

Water Tiger Push-ups (Slow)

Animal Walks

Squats and Leg Lift Holds

Back Bridge, Table Top or Wrestler's Bridge

Spinning Exercise

Fire Tigers (Fast Squats>>Push Ups>>Squats>>Back Break-Fall)

OR adaptogens

Basic Rolls

Sleeping Buddhas

-Give examples and answer questions about character and functional qualities of the "Heart House."

-Basic recall related to the ABC's of Self Defense.