

Choi Lai Fut Kung Fu

White Sash III (Youth)

Forms

Small Cross Fan Form

Small Cross Staff Form

Techniques

Monkey Steals the Peach

Leopard Climbs a Tree

Tiger Looks Back and Stretches His Leg (side kick)

Dragon Stretches His Claw and Whips His Tail

Tiger Sweeps Away the Plum Blossoms

Golden Dragon Kick Defense (Leung Jen)

Cross Kick, Cross Kick/Side Kick

Spinning Back Kick

“Sifu Says” Kick Boxing Combos & Sparring

Other

**Show deeds related to the basic qualities of the “Heart House”
Task: Turn in a journal verified by parents. At least 10 deeds per
characteristic.**

**Additionally, recall the 4 R’s of Effective Apologies.
(Responsibility, Remorse, Repair, Repeat (no repeating the
transgression))**

**ABC’S of Self Defense “The Art Of Fighting Without Fighting”
(teach a parent or other adult)**

