

Choi Lai Fut Kung Fu

Yellow Sash I

Forms

Horse Set / Horse Stances

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

Techniques

Wong Sau (Hook Punch)

Pau Jong (Upper Cut)

Poon Kiu (Inward Circles)

Gwa Sau

Chum Kiu

Nop Sau (Outward Circles)

Lun Jin Chop (Straight Punch)

Drills/other

Water Tiger Push-ups (Slow)

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

Sleeping Buddhas