

Choi Lai Fut Kung Fu

Yellow Sash II

Forms

Ng Lun Ma

Salute Set

Techniques (San Sou)

Up Down Gwa Chop

Poon Kiu Sau Gwa Chop

Basic 5

Thrust kick (push kick)

Round Kick

Snap Kick

Cross Kick, Cross Kick/Side Kick

Gwon Kiu Gwa Chop

