

# **Kung Fu Lau Gar**

## **Brown Sash Syllabus**

### **Walking Techniques**

Kok Chung Ma Bo - Combination of Walks

### **Kicking Techniques**

Lin Wan Tak Fa - Combination of Kicks

### **Set Movements**

Kay Boon Sau Fa - Basic Hand Movement

Jorn Sau - Set Hand Movement

Charp Choi - Drilling Hands

Far Kuin - Flower Fist

Fai Lung Gee - Finger Movements of the Dragon

Lau Gar Luk Hap Kuen - Fist of 6 Co-Ordinations

### **Other Techniques**

Houn Sau Doi Dough - Knife Defence

Kwun Jorn - Stick Defence

Soy Mok - Wood Breaking

Gee Yau Bok Gaik - Free Fighting