

MZM MARTIAL ARTS

KUNG FU GRADE



5th Cup - Yellow Sash

BEU GEE PING CHOI - Spear Hand and Punch

SERN BEU GEE - Double Spear Hands

SERN PING CHOI - Double Punches

SERN YEEU KIU - Double Bridge Hands

LIN WAN TAK FA - Combination of Kicks

NGAU LIM TOI - Sickle Kick

PAK JURN FARN CHOI - Palm block & back fist (No9 Punch)

TON KIU CHEI JURN - Bridge hand & palm strike (No10 Punch)

BOW JARN WARNG SO - Sweep & elbow strike (No9 Kick)

JAU MA FARN CHOI DING TSUT - Run through, back fist & knee strike (No10 Kick)

KAY BOON SAU FA - Basic Hand Movement (No1 Set)

JORN SAU - Set Hand Movement (No2 Set)

CHARP CHOI - Drilling Punches (No3 Set)

FAR KUIN - Flower Fist (No4 Set)

GEE YAU BOK GAIK - Free Fighting