

MZM MARTIAL ARTS

KUNG FU GRADE



☐ 1st Cup - White Sash

HARNG MA PING CHOI - Basic Walk and Punch

KAIR MA BO PING CHOI - Horse Riding Stance and Punch

TSIN TAK - Front Kick

YEUN TAK - Turning Kick

WARNG TAK - Side Kick

JOR DONG PING CHOI - Left hand block & Punch (No1 Punch)

YAU DONG PING CHOI - Right hand block & Punch (No2 Punch)

JOR DONG YEUN TAK - Left kick block and turning kick (No1 Kick)

JOR DONG TSIN TAK - Left kick block and front kick (No2 Kick)