

MZM MARTIAL ARTS

KUNG FU GRADE



■ 3rd Cup - Orange Sash

SERN BEU GEE - Double Spear Hands

SERN PING CHOI - Double Punches

CERN MA TSIN TAK - One Step Front Kick

CERN MA YEUN TAK - One Step Turning Kick

CERN MA *WARNG TAK* - One Step Side Kick

CERN MA HOU TSARN - One Step Back Kick

SERN JARN - Double Elbows (No5 Punch)

GAU CHOI - Rolling Punch (No6 Punch)

FING CHOI - Spinning Punch (No5 Kick)

YEEU KIU - Bridge Hand & Punch (No6 Kick)

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

JORN SAU - Set Hand Movement (No2 Set)