

# MZM MARTIAL ARTS

## KUNG FU GRADE



### ■ 4th Cup - Green Sash

**BEU GEE PING CHOI - Spear Hand & Punch**

**SERN BEU GEE - Double Spear Hands**

**SERN PING CHOI - Double Punches**

**SERN YEEU KIU - Double Bridge Hands**

**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**

**CERN MA CIUN TAK - One Step Spinning Kick**

**FU JAU - Tiger's claws (No7 Punch)**

**GODD SAU KING JURN - Harvest hand & palm strike (No8 Punch)**

**BONG SAU BOW JARN - Bridge hand block & elbow strike (No7 Kick)**

**CHURN MA JORN CHOI - Slide step & upper punch (No8 Kick)**

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

**JORN SAU - Set Hand Movement (No2 Set)**

**CHARP CHOI - Drilling Punches (No3 Set)**

**GEE YAU BOK GAIK - Free Fighting**