

MZM MARTIAL ARTS

KUNG FU GRADE



■ 7th Cup - Brown Sash

KOK CHUNG MA BO - Combination of Walks

LIN WAN TAK FA - Combination of Kicks

SERN TAK - Double Kick

HOUN SAU DOI DOUGH - Knife Defence (No. 1- 8)

KWUN JORN - Stick Defence

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

JORN SAU - Set Hand Movement (No2 Set)

JORN SAU - Set Hand Movement (No2 Set)

CHARP CHOI - Drilling Punches (No3 Set)

FAR KUIN - Flower Fist (No4 Set)

FAI LOONG GEE - Finger Movement of Dragon (No5 Set)

LAU GAR LUK HUP KUIN - Fist of Six Co-ordinations (No6 Set)

SOY MOK - Wood Breaking

GEE YAU BOK GAIK - Free Fighting