

MZM MARTIAL ARTS

KUNG FU GRADE



■ 6th Cup - Purple Sash

LIN WAN TAK FA - Combination of Kicks

KOK CHUNG MA BO - Combination of Walks

CERN DONG PING CHOI TSIN TAK - Upper block, punch & front kick

JOUN DONG PING CHOI YEUN TAK - Middle block, punch & turning kick

HAR DONG PING CHOI WARNG TAK - Lower block, punch & side kick

SERN PAK JURN FARN CHOI HOU TSARN - Double palm, back punch & back kick

HOUN SAU DOI DOUGH - Knife Defence (Nos 1- 6)

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

JORN SAU - Set Hand Movement (No2 Set)

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CHARP CHOI - Drilling Punches (No3 Set)

FAR KUIN - Flower Fist (No4 Set)

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

GEE YAU BOK GAIK - Free Fighting