



The British Five Pattern Hung Kuen Association

BLUE SASH SYLLABUS

1. Fitness – 100 of each exercise.
2. All Previous Sash Techniques.
3. Crane
 - Stance.
 - Kick.
 - Vital Kick.
 - Extended Wings.
 - Scissor Wings.
 - Vital Beak.
4. Dragon
 - Deceptive Kick.
 - Dragon's Horns.
 - Power Base.
 - Lopsided Dragon.
 - Offering Claws.
 - Wagging Tail.
5. Tiger
 - Destructive Claws.
 - High Claw, Low Claw.
 - Ripping Claws.
 - Hungry Tiger.
6. Patterns
 - Tiger – Foo (Long Tiger).
 - Dragon – Loung (Short Dragon).
 - Crane – Bak Hok (Long Crane).