



The British Five Pattern Hung Kuen Association

ORANGE SASH SYLLABUS

1. Fitness – 100 of each exercise.
2. All White Sash And Yellow Sash Techniques.
3. Leopard Stance.
4. Rising Leopard Defence.
5. Low Kicking Techniques Front & Rear.
6. Sticking Hands.
7. Penetration Attacks.
8. Impulse Strikes.
9. Basic Vital Points.
10. Deceptive Hand Techniques.
11. Stance, Blocks, Strikes.
12. Cranes Sword Defence.
13. Bong Sau Striking.
14. Serpent Strike.
15. Angry Dragon.
16. Cranes Folding Wing Block.
17. Body Reaction.
18. First Seat Of Power.
19. Teaching Ability.
20. Loung Kair Mar (Complete 1, 2 & 3).