



The British Five Pattern Hung Kuen Association

YELLOW SASH SYLLABUS

1. Fitness – 100 of each exercise.
2. All White Sash Techniques.
3. Centre Of Gravity Awareness (Sparring).
4. Cat Stance.
5. Basic Punches.
6. Basic Blocks.
7. Basic Kicks.
8. Horse Stance – Moving, Static, Striking.
9. Continuous Rolling.
10. Multiple Strikes 3, 4, 5 & 6.
11. Garrotte Defence.
12. Two Directional Defence.
13. Stick Defence (Down & Side).
14. Returning Knife To Groin.
15. Cranes Threshing Wings.
16. Entering Crane.
17. Bong Sau, Knife Hand, Dragon's Tail.
18. Internal Breathing Techniques 1 & 2.
19. Escape By Breathing.
20. Breathing Pattern 1.
21. Loung Kair Mar (Parts 1, 2 & 3).