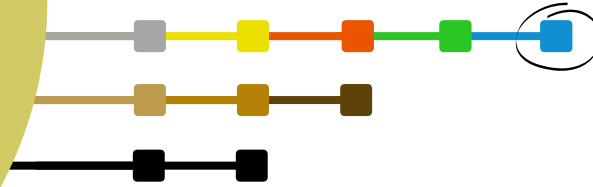




KUNG FU
ACADEMIC

Blue Stripe requirements



Mark your progress!



Learned
Remember
Can do well



Form

- Fu Hok
- Pek Kwan Dan Do
- Hang Che Pang

Stances

All

Attack: Hands and arms

Wave punch	Soi long paau ceoi	水浪拋搥
Wood punch	(Gaap) Muk ceoi	夾木搥
Dividing punch	Fan gam ceoi	分金搥

Defense

Crane handle	Hok Tai Sau	鶴提手	Outside
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(Cross) dividing (metal) fist	Sap zi fan gam kuen	十字分金拳	
Throwing fist	Pau choi	拋搥	Up

Chop fist	Pek kuen	劈拳	Outside
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