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## Dragon Staff Butterfly Knives Paul Koh

**ranking system choy li fut black and white - wong doc-fai** - chopper, wooden dummy, umbrella vs. staff, hung sing butterfly knives, dai hung kuen, double axes st 1 stripe: bot gwa sum kuen, crane form, snake vs. crane, golden dragon gim, buddha taming tiger, left and right bot gwa broadsword, spear vs. spear, siu mui fa seung do, farmer's hoe, hand breaking fan, dai sup ji kuen no' 2 stripe: iron arrow long fist, throat locking spear, dragon form, lan ... **plum blossom international federation choy li fut (cai li ...** - bin gwai staff, tiger hand form, double hookwords, gung ji kuen, 3 sectioned staff, siu bot gwa kuen, horse chopper, wooden dummy, dragon vs tiger, butterfly knives form 2, dai hung kuen, double axes. \*first gold stripe: bot gwa sum kuen, crane hand form, snake vs crane, golden dragon gim, buddha taming tiger, l and r bot gwa broadswords spear vs spear, small plum blossom double broadswords ... **classes offered - dancing dragon kung fu** - butterfly knives. *hsing-i* : curriculum includes the "five elements", the "twelve animals", and the kumate katas. *escrima* : the curriculum includes training in stick (baton) and knife, the staff and flexible ... **1st white 2nd white 3rd white 1st yellow (youth ...** - lun jin chop push kick, round kick, snap kick monkey steals peach 2 person staff drills spinning dragon vs. tiger spinning turtle, alligator rolls leopard climbs tree bagwa gwon buddha bows knee crackers, crab grab defense tiger looks back(side kick) 1st yellow **1 black to 2 black (2 required + 8 others)** - *hsing ie* entwine the dragon sword *hsing ie panh lung chien* *hsing ie* six harmony staff *shing ie liu he kuen* *hsing yi* reversibly broadsword *hsing yi lian huantao* 5 animals - breathing exercises u si sen hua 5 animals - dead training u si se hua ... **chinese shao-lin center jan · feb · mar · apr colorado ...** - festival\* all levels pang vs. pang — staff 2-person set and staff sparring sat jan 26 12:30 - 2:30 pm festival sr. black (black) *hsing i pand loong chien* — entwine the dragon, internal straight sword sat 8 - 9 am

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