



The British Five Pattern Hung Kuen Association

EXERCISES

FRONT STRETCH

SIDE STRETCH

SIDE LEG STRETCH

BACK LEG STRETCH

BUNNY HOPS

SIT UPS

LONG SQUAT THRUSTS

LEG RAISES

PULL UPS

SIDE SPLIT KICKS

SIT UPS

FRONT SPLIT KICKS

SIT UPS

CLAP UPS

BUNNY HOPS

SHORT SQUAT THRUSTS