



The British Five Pattern Hung Kuen Association

BLACK SASH SYLLABUS

1. Fist set: 6/8 Breathing.
2. Dragon
 - Loung Kair Mar – Compression Breathing.
 - Straight Dragon – Compression Breathing.
 - Loung – Compression Breathing.
3. Tiger
 - Foo – Compression Breathing.
 - Straight Tiger – Compression Breathing.
 - Foo Yang – Compression Breathing.
4. Leopard
 - Paw – Compression Breathing.
 - Angry Leopard – Compression Breathing.
 - Paw Yin – Compression Breathing.
5. Connection Points.
6. Third Breathing Pattern.
7. Third Seat of Power.
8. Sets (Linked)
 - 3 x Dragon.
 - 3 x Tiger.
 - 3 x Leopard.
9. 25 Pattern-Pattern.