



# Five Animal Five Family Curriculum



## Four Pillars of Hung Ga

- GUNG GEE FOOK FU KUEN (Taming the Tiger in an I pattern)
- FU HOK SEUNG YING KUEN (Tiger & Crane double pattern fist)
- SUP YING KUEN (Ten Pattern Fist)
- TID SIN KUEN (Iron Wire Fist)



## Sub Sets of Hung Ga

- NG YING KUEN (Five Shapes/Five Animals Fist)
- LAU GA KUEN MODERN HUNG GA (Lau Family Fist)
- CHIN CHEUNG MODERN HUNG GA (The War Palm)
- WU DIP CHEUNG MODERN HUNG GA (Butterfly Palm)
- JIN SAO KUEN MODERN HUNG GA (Arrow Hand Set)
- KIU SAO KUEN (Bridge Hand)
- LIN WAN KUEN (Continuous Fist)



## Hung Ga Weapon Sets

- FU MEI DAO (Tiger Tail Broadsword)
- HAO JIE GWAN (Monkey king staff - Double Ended Staff)
- LAU GAR GWAN (Lau Family Staff)
- NG FU CHIANG (Five Tiger Spear)
- NG LUNG BAAT GWA GWAN (Fifth Brother Eight Diagram Pole)
- MO SEUNG DAO (Mother & Son Butterfly Swords)
- CHUN GWAN CHOY DAI DAO (General Kwan's halberd/spring and autumn big knife)
- YU GA FU DAI PA (Yu family Big Tiger Fork)



## Hung Ga Fighting Sets

- LIN WAN DEUI DAR (Continuous Combination Fighting Set)
- BEI SAU DEUI DAR (Empty Hand vs. Dagger)
- LAU GA DEUI DAR (Lau Family Staff vs. Staff)
- WU DIP DAO DAR CHIANG (Spear vs. Butterfly swords)
- FU HOK SEUNG YING KUEN DEUI DAR (Tiger Crane Sparring Set)



## Hung Sing Ng Ga Kuen Moon Pai

- JON TOW (Salute) NG GA
  - SIU SUP JI KUEN (Small Cross Pattern Fist) CHOY GA
  - WU DIP KUEN (Butterfly Fist) CHOY GA
  - WON HOP KUEN (Combination Fist) CHOY GA
  - SIL YING KUEN (Black Bird Fist) LI GA
  - FU YING KUEN (Tiger Form) NG GA
  - HOK YING KUEN (Crane Form) NG GA
  - LUNG YING KUEN (Dragon Form) NG GA
  - PAO YING KUEN (Leopard Form) NG GA
  - SARE YING KUEN (Snake Form) NG GA
  - LIAN WAN TOY (Continuous Combination Kicking) MOK GA
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