

WORLD FREE SPIRIT FIST FEDERATION

# Hung Leng Kuen Kung Fu Wu Shu

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## Interim Remote Learning Syllabus

March 2020 until clubs resume

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## Forward

As I write it is the day after the PM has announced a lock down and our clubs have been closed for some time. There is no choice but to stay in and follow advice and wait for this emergency to pass. I have taken the unprecedented step to release an online learning syllabus. I have always resisted using these types of resources as it is open to people taking it and making it their own. However, I have a group of committed students who need teaching until we can open classes again.

This syllabus will form the basis of the teaching and students can ask questions via our social media groups. I will attach links to videos in the syllabus to demonstrate the material. I expect students to work through the material grade by grade. You can even video yourself doing it to get feedback from me.

I will assess students on this material when we resume and award grades accordingly. Higher grades are expected to work through the grades and to hone their skills, but also continue with the content they are working on. They will need to send questions to me via our social media.

Our art will help us through this time,

Hung Leng!

Dai Sifu.

## First Grade – White/Yellow Sash

Basic exercises including warming up, stretching, break falls, fitness training and warming down elements will be introduced and worked upon. Instructors will test for improvement or set attainable targets as part of grading requirements.

### Grading requirement

#### Stepping Punches

1. Stepping forwards in front tiger stance with peng (ward off);
2. Stepping backwards in black leopard stance with snake hand parries;
3. Glide step in front tiger stance with front jab, back foot up to dragon stance with reverse punch;
4. Glide step in black leopard stance with rolling punches;
5. Zig-Zag stepping in gung bo stance with arrow punches.

#### Chuan Fa – Fist Way

1. Lead left punch with glide step
2. Lead left mantis hook, right vertical palm in attention stance.
3. Left reversed vertical palm in bow and arrow stance. Right cannon punch in right side horse stance.
4. Descending Tiger fist, vertical back fist in attention stance. Thrusting uppercut in hanging eagle stance.
5. Rising elbow and hammer fist in Twisting Dragon stance.
6. Whirling punch, pounding wave punch and horizontal back fist in Dragon stance.
7. Left Phoenix eye fist and right lifting palm in left side Horse stance.

## Extra training material

### Ma Hsing (Horse form)

1. Salute
2. Step to the left into Horse stance (Ma Bo). Double thrusting Snake hands to the front, double elbows to the rear.
3. Pivot Left into a left Bow and Arrow stance (Gung Bow) with double raking Tiger claws. Pivot and repeat to the right.
4. Swallow flying over lake and off into the woods in Snake stance (Seh Ma). To the left and right sides.
5. Snake hands in black Leopard stance (Hut Pao Ma). To the left and right sides.
6. Brush knee in Dragon stance (Lung Ma). To the left and right sides.
7. Thrusting Ox's jaw in Front tiger stance (Chin Fu Ma). To diagonal left and right sides.
8. Shovel palm in Turning Horse stance (Cern Ma). To the front.
9. Hand of wind in Character two stance (Yee Gee Ma). To the front.

## Second Grade – Yellow/Orange Sash

### Grading material

#### Form work

##### Ma Tsing

##### Ba Bo Hsing. ( Eight Steps Form)

This Form is intended to teach students how to step to the eight directions whilst covering evasion, defence, attacking and countering movements. All movements start and return to natural stance.

1. Pivot right and back into a right side cern ma. Right low bong Sao, step through into right gung bo with circular ward off (Tai Chi peng).
2. Repeat on opposite side.
3. Step diagonally back and right into a left Leopard stance. Right Pak Sao left Lop Sao. Right reversed Cannon punch.
4. Repeat on opposite side.
5. Step to the right into Horse stance, high and low guard. Pivot left into Bow stance, left Chopping fist and right pounding wave in Horse stance.
6. Repeat on opposite side.
7. Step diagonally forwards and right into Bow stance. Left reverse punch and left backfist.
8. Repeat on opposite side.
9. Step forwards into Bow stance, right chopping fist. Left reversed punch, right turning elbow strike.
10. Repeat on opposite side.

Practice so that the movements are fluid and above all natural. Add speed, power and fighting spirit to all. Pay attention to proper foot, hip and shoulder usage.

Proper control of all fighting techniques and correct etiquette must be observed and shown to training partner and Instructors at all times. Work on all round fitness and flexibility.

#### Attacking combinations from front Tiger stance with stepping

1. Lead Arrow punch, reversed Cannon punch;
2. Left, right, left, right Dinkum punches;
3. Lead Arrow punch, reversed punch, left turning punch, left back fist, reversed uppercut, reversed back fist and left Arrow punch;

4. Lead left back fist, reversed back fist, left turning punch, left back fist, reversed descending punch, reversed back fist, left uppercut and left back fist;
5. Pounding wave, whirling descending Tiger fists and pounding wave through Horse and Dragon stances;
6. Reversed punch, left turning punch, right spinning elbow and whipping branch through Dragon stance; Right back kick and left spinning back fist.

The above attacking combinations can also be practiced in a defensive role by simply adding various parries to them. Students should experiment with this and also in the use of setting up their opponents by using such things as feints, dummies, evasion, changes of rhythm and timing.

## Third Grade - Orange/Green Sash

### Grading material

#### Form work

Jeng Fu Kuen(Peaceful Tiger Fist)

#### (Basic) Stretching Set

1. Feet together, chin to shin;
2. Seven Star, left and right chin to shin;
3. Twisting Dragon, left and right, link arms at back;
4. Horse stance and sink weight;
5. Snake stance, arm stretch, left and right;
6. Dropping Snake, chin to ship, left and right;
7. Bow and Arrow stance, left and right;
8. Stretching Leopard, left and right, chest to floor;
9. Lock legs, chin to shin, left and right;
10. Splits, chin to shin, left and right.

#### Kicking Set

To be performed first with the right and then the left legs from front Tiger stance in combination with punches.

1. Axe kick;
2. Front kick;
3. Inner Crescent kick;
4. Outer crescent kick;
5. Side back kick;
6. Back kick;
7. Turning kick;
8. Reversed turning kick;
9. Crane kick;
10. Hook kick;
11. Iron broom;
12. Reversed iron broom;
13. Dragon tail kick (Advanced);
14. Swinging up kick;
15. Front wheel kick (spinning shin kick);
16. Back wheel kick;
17. Tornado kick(Basic);
18. Cyclone kick(Basic).

#### Tan Tien Breathing Set

1. Playing with clouds;
2. Hands push the sky;
3. Hands push the sky and mountain;
4. Hand of wind;
5. Double wings, double palms;

## Fourth Grade - Green/Blue Sash

### Grading material

#### Form work

Man Fu Ha San(Tiger Descends the Mountain)

#### Striking Set (Solo)

1. Outside Palm Parry
2. Vertical Fist
3. Leopards Paw
4. Low Tiger Claw
5. Phoenix Eye Fist
6. Palm Thrust
7. Outer Hand Knife
8. Downward Ox's Jaw
9. Dragon Head Fist
10. Scorpion Fist
11. Downward Wrist Fist
12. Praying Mantis
13. Crane's Beak
14. Thrusting Wrist Fist
15. Snake Hand
16. Vertical Leopard's Paw
17. Wing Hand
18. Thrusting Ox's Jaw
19. Thumb Fist
20. Upper Tiger Claw

#### Seeking the free spirit

All performed in Character two stance from a centre guard



## Fifth Grade - Blue/Purple Sash

### Grading material

#### Form work

Fu Hok Sern Yeng Kuen(Tiger and Crane Mixed Style Fist)

#### Jeng Fu Kuen Application

##### Blocking Set (Solo)

1. Outer Palm Block;
2. Inner Fist Block;
3. Break Out, Outer Fist Block;
4. Rising Fist Block, Downward Fist Block;
5. Inner and Downward Fist Block;
6. Rising Elbow Block;
7. Downward Inner Forearm Block;
8. Open Hand Upper Cross Block;
9. Double Downward Hand Knife Block;
10. Lower Bridge Hand Block;
11. Inner and Lower Wing Hand Parries;
12. Upper and Lower Palm Block;
13. Rising Wrist Block;
14. Rising Wing Hand Block;
15. Inside Wrist Parry;
16. Outside Palm Heel Block;
17. Hooking Mantis Block;
18. Rising, Outer, Inner and Downward Tiger Claw Parries;
19. Jamming Block, Catch and Pull;
20. Downward Fist Cross Block;
21. Snake Hand Block;
22. Double Palm Push.

##### Chi Kung Set

1. Iron claws in Horse stance;
2. Shoot Eagle from Horse with bow;
3. Double needles and double needles push the sky, in Horse stance;
4. Fist and Palm of wind in Bow and Arrow stance;
5. White Crane stretches its wings in Snake and Horse stances;
6. Coiling Dragon searches for pearls;
7. Praying Mantis seizes its prey in Horse stance.

## Sixth Grade - Purple/First Brown Sash

### Grading material

#### Form work

#### Tang Lung Gin Yek(Dragon Folds His Wings)

#### Thunder and Lightning Fist Set

1. Left: Short left Gung Bow, Right Inside parry, left vertical fist in right Cern Ma with right hand Lop.
2. Front: Depressing Palm Block, forward Pounding Wave
3. Left: Lower Gate Bridge hand, Upper Cut
4. Right: Short right Gum Bow, Left Inside Parry, Right vertical fist in left Cern Ma with left hand Lop.
5. Front: Depressing Palm Block, forward Pounding Wave (2 reversed)
6. Right: Lower Gate Bridge Hand, Upper Cut (3 reversed)
7. Front: Tiger Fist, Scorpion Fist, and Tiger Fist Scorpion Fist.
8. Left: Wrist Parry, Slapping Palm Block, Back of Hand Strike
9. Front: Thunder Fist, Double Thunder Block, Double Scorpion Fist
10. Left: Mantis parry, Turning Elbow, Hand Knife and Uppercut
11. Right: Mantis Parry, Turning Elbow, Hand Knife and Uppercut
12. Left: Deceptive Hands, Circular Winged Parries
13. Right Deceptive hands, Circular Winged Parries
14. Front: Double Plum Blossom
15. Right: Rising Parry, Kneeling Punch
16. Left: Rising Parry, Kneeling Vertical Punch.

#### Advanced hand striking combinations

1. Outer tiger claw, lashing paw;
2. Shovel palm, wing hand;
3. Inner wing hand Snake hand;
4. Wrist fist, thrusting palm;
5. Double turning, rising, downward and thrusting elbow strikes;
6. Double plum blossom;
7. Outer praying mantis, downward tiger claw and inverted Snakes tongue;
8. Buzz ear and double scorpion fist;
9. Snakes fang, Tiger mouth;
10. Cranes beak, uppercut and double hand knife;
11. Double Phoenix, winged parries and thumb strikes;
12. Dragon stance evasion, pivot and double tiger claws.

## Seventh Grade - First/Second Brown Sash

### Grading material

#### Form work

#### Dok She Toe Son(Poison Snake Darts Out)

#### How Gee Hin Toe(Monkey Offers Fruit)

**Drill 1** - to be practiced on both sides from a natural stance, using alternate legs.

Left bull's-eye kick to the front, right side stamp kick to the right, left low dragon tail kick to the rear and a right cross kick to the left.

**Drill 2** - to be practiced on both sides from a natural stance, using the same leg throughout. Return the kicking foot to the floor before the next movement.

Front kick to the front, sidekick to the right, back kick to the rear and turning kick to the left.

**Drill 3** - defend and then attack, moving backwards and forwards. Alternate legs and practice on both sides. High, low, low, high gate sequence.

Step back into a left leopard stance. Lead left front kick. Step down into a front tiger stance, right bull's eye kick, left bull's eye kick and right front kick.

**Drill 4** – rear evasion and counter form side stance. Practice on both sides. High and middle gate sequence.

From a right side tiger stance step back into a left dragon stance, right turning kick. Step down into a left twisting dragon stance, right back kick.

**Drill 5** – Attacking from side position, alternate legs. Practice on both sides. Low, high, low high sequence.

From a right side horse stance, left low dragon tail kick, right back kick, left cross kick, right turning kick.

**Drill 6** – Attack and defence from side on position with same leg throughout, long, short, long, short sequence.

From left side horse stance. Right front wheel kick, right cyclone kick, right back wheel kick, right tornado kick.

## **Eighth Grade - Second/Third Brown Sash**

### **Grading material**

#### **Form work**

#### **Hung Leng Kuen(Free Spirit Fist)**

#### **Exercise Set**

1. Feet together, chin to shin;
2. Seven Star, left and right chin to shin;
3. Twisting Dragon, left and right, link arms at back;
4. Horse stance and sink weight;
5. Snake stance, arm stretch, left and right;
6. Dropping Snake, chin to ship, left and right;
7. Bow and Arrow stance, left and right;
8. Stretching Leopard, left and right, chest to floor;
9. Lock legs, chin to shin, left and right;
10. Splits, chin to shin, left and right;
11. Sitting, legs apart, chin to shin, left and right;
12. Sitting legs apart, side lean left and right;
13. Sitting legs apart, chest to floor;
14. Sit forward (no hands), lock legs, Chest to floor;
15. Close legs, Cobra and Pike;
16. Jump through arms, circular pivot;
17. Close legs, chin to shin;
18. Single forward knee bend, chin to shin, left and right;
19. Lotus, chin to floor;
20. Hurdler's position, forward and back;
21. Cross legs and stand up to finish.

#### **Ma Hsing as Ni Chi Kung**

## **Ninth Grade - Third Brown/First Black Sash**

To achieve a Black Sash Awarded by Dai Sifu, all of the previous grades' material must be developed to an excellent level and may assessed at the grading. The student must also be able to teach self defence lessons as well as traditional Kung Fu and must have been teaching under the guidance of more experienced instructors.

### **Grading material**

#### **Form work**

Jeng Fu Kuen (Peaceful Tiger Fist)

Man Fu Ha San (Tiger Descending the Mountain)

Fu Hok Sern Yeng Kuen (Tiger and Crane mixed styled fist).

Tang Loong Gin Yek (Dragon folds its wings).

Dok Seh Toe Sun (Poison Snake darts out).

How Gee Hin Toe (Monkey offering fruit).

Hung Leng Kuen (Free spirit fist).

(Demonstrated as the Advanced Form)

Hung Leng Kuen Tai Chi Chuan

#### **Chinese Sabre Form**

#### **Demonstration of strength**

Demonstration of any syllabus material between yellow and 3<sup>rd</sup> brown sash grading (examiners discretion);

#### **Demonstration of balance**

Demonstration of the ability to teach any syllabus material between yellow and 3<sup>rd</sup> brown sash grading (examiners discretion);

#### **Demonstration of spirit**

Demonstration of the ability to apply any syllabus material between yellow and 3<sup>rd</sup> brown sash grading (examiners discretion);

#### **Demonstration of chi (character)**

Demonstration of the student to carry the legacy of Hung Leng Kuen into the future (examiners discretion);

## Appendices – Supplementary Training Material

### Sets

The Stretching set.

Mungum Sao (Sensitive hand).

The Blocking set.

Thunder and lightning fist set.

Advanced kicking set.

Ba Lu Mei Fu (Eight ways of ambush).

### Forms

Fu Hok Sern Yeng Kuen (Tiger and Crane mixed styled fist).

Tang Loong Gin Yek (Dragon folds its wings).

Dok Seh Toe Sun (Poison Snake darts out).

How Gee Hin Toe (Monkey offering fruit).

Hung Leng Kuen (Free spirit fist).

Chang Chuan (Long fist).

Tong Long, Phong Guan kuen (Praying Mantis and Phoenix eye fist).

Ying Jow (Eagle claw).

Sern Yeng Kuen (Mixed styled fist).

The Drunken form.

Ba Yeng Kuen Hut Pao Tsut (Eight formed fist of the Black Leopard System)

The two manned form.

The Lion dance form.

### Weapons training forms

Double edged version of sword form.

Gwan Dao (Great Sabre).

Double ended spear form.

Staff version of spear form.

Double sword form.

Although not all the above forms are in the lower grades students can still learn them by attending seminars/workshops or for demonstration purposes if their instructor believes them to be of a high enough standard to learn them.

Forms can also be chosen to enhance a persons body type, ability etc.

### **Advanced Kicking (Aerial)**

1. Flying Front Kick
2. Flying Side Kick
3. Flying Back Kick
4. Flying Turning Kick
5. Flying Reversed Turning Kick
6. Flying Outside Crescent Kick
7. Flying Inside Crescent Kick
8. Flying Spinning Axe Kick
9. Cartwheel Kick
10. Tiger Tail Kick
11. Butterfly Kick
12. Tornado Kick
13. Wu Shu Butterfly Kick
14. Cyclone Kick
15. Split Kick

### **Kicking Drills**

These drills are to be used to develop several aspects of training. They are:

1. Introduction to different types of kicks.
2. The use of different gates and ranges as set ups.
3. Balance and correct hand guard positions.
4. Concentration on focus upon single and multiple attackers.
5. Correct footwork during evasion, attack and defence.
6. The correct use of spinning techniques.
7. Development of flexibility, coordination, balance, speed and power.

### **Self-defence and rolls and break falls demonstration**

**A** = Attacker **D** = Defender. All defence to be done from natural stance.

**A.** Right handed, right lapel grab.

**D.** Right pivot and arm bar.

**A.** Forward roll, turn and pivot into a fighting stance.

A. Right lead handed upper gate round punch.

D. Left pivot and arm wrap with winding throw.

A. left side break fall.

A. Right handed upper gate stepping punch. Using walking step.

D. Rear evasion with right rising parry. Reclining leg take down.

A. Back break fall.

A. Lead right upper gate backfist in a right side stance.

D. Left side stance with upper and lower gates guard, left horizontal elbow strike, Monkey stance take down, toe and ankle lock and rear mount.

A. Front break fall and tap out.

A. Two handed push.

D. Step back and sit into a backwards roll, come up into a fighting stance.

A. Right middle or upper gate turning kick.

D. Right side stance with upper and lower gates guard, right chopping fist, and right kneeling neck throw.

A. Right side roll coming up into a side fighting stance or rolling side break fall.

All movements should be practiced upon both sides and with various sizes of partner.

Safety is the main issue here so movements should be practiced slowly and carefully at first. Speed and fighting spirit should be added later but only with a competent partner.

Although some of the above is quite basic, it is fundamental in developing confidence in rolling and falling. There is much, much more to follow so don't be too eager to get yourself hurt.

This grade covers counters to grabs and holds. Students must use appropriate rolls and breakfalls.

### Throwing Form

1. Left reap kick to op. right leg.
2. Right drawing ankle to op. Right leg.
3. Left Valley drop to op. Right leg.



4. Rev iron broom to op. Right leg
5. Reclining leg to op. Right leg
6. Front head throw
7. Side head throw
8. Rear head throw
9. Body drop to op. Right leg
10. Cross buttock throw to op. right hip
11. Spring hip throw to op. Right hip
12. Shoulder throw to op. right arm
13. Double arm throw to op. arms
14. Sweeping loin throw to op. Left loin
15. Kneeling shoulder throw to op, Right arm
16. Neck wheel throw to op. neck
17. Major outer wheel to op. Right leg
18. Shoulder wheel throw to op, Right arm and leg
19. Monkey throw
20. Rice bail throw
21. Scissor takedown to op. Rear leg and chest.

Partners should perform movements alternatively.

Practicing in a free sparring way will lead to fluency and change.

Closing distance, from kicking to punching to throwing to grappling should be combined.

Using Kneeling and head throws to move straight into grappling and mount positions, or into following up immediately with hand or foot blows and by dropping the knee to the chest prior to mounting. Once front mount has been achieved trapping skills can be employed followed by elbows and head butts. From a rear mount fig 4 head lock and strangle is king or wrap or lock up the wrist, elbows and shoulders for dislocation. When using a leg take down use toe and ankle or fig 4 leg lock. All should be explored but learning just a few favorites that can be used in all situations is best. The best tournament champions only have a few moves but they can use them devastatingly. Sometimes little is more.