

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Poison Hands**

1. Five animal salute
2. Two tigers hide their trails
 - Toes out, heels out
3. Suppress the tiger, hide the dragon
4. Beauty looks in the mirror
5. Cross wind bends the willow
6. Push flowers up the sleeve
7. One finger divides China
 - Press 10,000 lbs(x3)
8. Dragon plays in the water
9. Four fingers lift the sky
10. Dragons serves a pearl
11. Dragon spits a pearl
 - Kihap
12. Wind punching method
 - Kihap(x3)

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Iron Body**

13. Sweep in front, sweep behind
14. Raise the sun and the moon
15. Vulture cools its wings
16. Double bow spears a flower
17. Duck traverses water
 - Press 10,000 lbs(x3)
18. Twin dragons leave the sea
19. Establish an iron bridge
20. Soft bridge left
 - Kihap
21. Soft bridge right
 - Kihap
22. Scoop the moon from the bottom of the sea
23. Hero holds a pot
24. Crane flashes its wings
25. Twin daggers cut the bridge
26. Tiger defends left
 - Tiger kihap(Wah)
27. Tiger defends right
 - Tiger kihap(Wah)
28. Tiger defends behind
29. Tiger cleans its whiskers
 - End Iron Body

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Leopard Fist**

30. White horse offers its front leg
31. Suppress the tiger
32. Pearl bridge
 - Press 10,000 lbs(x3)
33. Dragon comes out of the sea
34. Leopard palms a tree trunk
35. Leopard breaks its prey right
 - Kihap
36. Leopard breaks its prey left
 - Kihap
37. Leopard smothers its prey
 - Kihap
38. Arhat exits the cave
39. Cross-cutting bamboo
40. Spreading the grass looking for a snake
41. Throwing a ball through a wave
 - Kihap
 - Sweep and return to original position
42. Kicking a star method
43. Double bow hugging the moon
44. Children bow to Buddha
45. Leopard pulls back
46. Cornered leopard fights back
 - Leopard kihap(Eeah)

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Snake Fist**

47. Wipe the sleeve
48. Snake spits poison
 - Kihap
49. Rising falling blocks
50. Lift and press
51. Snake points to Heaven
52. Double falling backfist
53. Fist going through the sky
 - Kihap
54. Continuously piercing the sky
 - Kihap(x3)
55. Staggered horse stance, fists like an arrow
 - Kihap
56. Snake pierces the eyes
 - Kihap
57. Cat stance chopping down
58. Turn around and slice bamboo
59. Snake strikes from the earth

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Tiger Claw**

60. Butterflies scatter
61. Monk summons a corpse
62. Black tiger claw method
 - Tiger kihap(Wah)
63. Single tiger leaves the cave
 - Tiger kihap(Fut)
64. Hidden sleeve punch
 - Kihap
65. Single tiger leaves the cave
 - Tiger kihap(Fut)
66. Tiger captures sheep
 - Tiger kihap(Wah)
67. Tiger combats wolf
 - Tiger kihap(Fut)
68. Tiger ascends the mountain
 - Tiger kihap(Wah)
69. Tiger descends the mountain
 - Tiger kihap(Wah)
70. Black tiger claw method -OR- Five star tiger
 - Tiger kihap(Wah)
71. Return horse to stable

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Crane Boxing**

72. Hard and soft crane stepping
73. Descending arm hand and waist
74. Single finger asks a question
75. Cranes wing punch
 - Kihap
76. Fist from the sleeve
 - Kihap
77. Crane pecks
 - Crane kihap(Hep)
78. Revived crane
 - Crane kihap(Hai, Hep)
79. Flying crane
80. Hungry crane stands on one leg
81. Hungry crane catches shrimp
82. Crane head punch
 - Wipe the sleeve
83. Dragon swings its tail
84. Monk summons a corpse
85. Tame the tiger, shoot the tiger

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Drunken Fist**

86. Eight drunken Gods
87. Old man comes out of the cave
88. Single finger asks a question
89. First star punching method
 - Kihap
90. Second star punching method
 - Kihap
91. Two blows follow each other downward
 - Kihap
92. Immediately striking upward
 - Kihap
93. Fist like an arrow
 - Kihap

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu **108 Tiger and Crane** **Dragon Boxing**

94. Pull sweep, push sweep
95. Fist like an arrow
 - Kihap
96. Dragon serves a pearl
97. Dragon thrusts its claws
98. Sweep the sea, push the mountain
99. Dragon stretches its claws
100. Hook a star with the fist
101. Tiger pushes the mountain
102. Flying arrow fist
103. Flying dragon lands in the sand
104. Butterflies scatter
105. Turning stance to swiftly strike
106. Unicorn stepping
107. Butterfly palms
108. Continuous butterfly palms
109. Crescent moon, hand and foot
110. Hiding dragon, leaping tiger
111. Fierce tiger claws the sand
112. Draw bow to shoot an arrow
113. Dragon creeps from the Sea
 - Kihap (Eeah)
114. Five Animal Salute

Student _____

Date _____

Instructor _____

Date _____

CG Martial Arts Academy

Hung Gar Kung Fu

Five Animal Combination Set

1. Tiger and dragon go into hiding
2. Black tiger claw method
 - Tiger kihap(Wah)
3. Single tiger leaves the cave
 - Tiger kihap(Fut)
4. White snake spits poison
 - Snake kihap(Hut)
5. Coiling snake
 - Snake kihap(Ch)
6. Piercing venom
 - Snake kihap(Hut)
7. White crane spreads its wings
8. Fulfilled crane
 - Crane kihap(Hai, Hep)
9. Scoop fish from the sea
10. Dragon holds a ball
11. Splashing palms
 - Dragon kihap(Hmm)
12. Pounding wave
 - Dragon kihap(Tehh)
13. Pull bow shoot the arrow
 - Leopard kihap(Eeah)
14. Fist through the sleeve
 - Leopard kihap(Eat)
15. Shadowless kicking method
 - Kihap(x2)
16. Tiger and dragon go into hiding
17. Tiger and dragon appear
18. Twin dragons spit a pearl

Student _____

Date _____

Instructor _____

Date _____