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# Hung Gar Curriculum

## Student Progress Guide for 2019

### Initiate Level (1-3 Months)

Orientation. Introduction to the Hung Gar System and Shaolin Kung Fu. What is Kung fu? What is Hung Gar? The Hung Family Fist. The importance lineage and evolution in Hung Gar and why it is such an eclectic system of martial arts. Respect for Hung Family Martial Tradition does not mean neglecting further Martial or personal development. Past and present overview. Kung Fu should be personal. Learn, process, validate, experiment. Learn all teachings deeply and profoundly.

Heavy emphasis on the various kung fu methods and conditioning

Rooting and Moving—the first kung fu's. Stance work (Weak Legs, Weak Fighter)

Horse Stance (*sai ping ma*)- timed static stances. Two-person uprooting stance drills, push and pull exercises with horse stance. Toe Stance (Cat Stance), Bow Stance (Front Stance), Modified Horse Stance

Transitioning and Movement. Side Step Horse, Slide Step Horse, Advance Horse, Retreat Horse, Right Foot Cat Advance, Left Foot Cat Advance, Alternate Cat, Bow Stance Advance, Bow Stance Retreat

Crawling, Sit-ups, Knuckle Pushups, Plank Crawls, Leg Raises, Knee Raises, etc.

Flexibility- Arm Swings. Leg Swings, Shaolin Lohan Stretching, Warm-up Kicks

Intro to Iron Body- Full Body Palm Pat, Iron Palm, Iron fist, Iron Arms, Iron Shins, etc.

Intro to *qigong*

Intro to Kung Fu Forms

Start *Gong Ji Fuk Fu Kyun* (Subdue the Tiger in an "I" Pattern Form/Subduing Tiger Form)

## **Beginner Level (3-6 Months)**

The Beginner level is a time for the student to take root in understanding kung fu after learning the sequence of the first form. Students study basics and principles of Southern Shaolin kung fu preserved in the Hung Family tradition. They will learn the oldest of the forms or the first pillar of Hung Gar and continuing their needed familiarity of positions and conditioning. Heavy emphasis on correct form.

Confidence, Stability, Posture and Position

*Gong Ji* Review, Drills and Form Application

Center Line Theory, Lines of Force and Direction

Warm up kicks, leg holds, *da sam sing*, *kiu sao*, continue iron body

Basic Striking and Blocking Theory and Application

Introduction to: Heavy Bag, Focus Bags, Wooden Dummy (Patterns)

*Moi Fa Kyun* (Plum Flower/Plum Blossom Fist)

Review Qigong

Introduction to the Black Tiger School

Basic self-defense application- controlled attack exposure (frontal attacks, rear attacks, bear hugs, grabs, wall pins, locking and countering techniques)

## **Advanced Beginner (6 Months to a Year)**

After the first year, the student has memorized and can at will perform *Moi Fa* and *Gong Gi* Forms. They should have a basic knowledge of arm and leg blocks and strikes and bridgework. This is a time to review *Gong Ji* throughout the next six months or so before learning another form. They have an increasing grasp of practical self-defense concepts from the form and should be able to fend off aggressive attackers. Meanwhile, they are conditioning on their own, using kung fu school equipment and working with instructor(s) and fellow students.

Review *Moi Fa Kyun* and *Gong Ji Fu Fook Kyun*, Drills and Application

Working on Center Line Theory in *Moi Fa* and Forms

Strength and Bone Conditioning; Iron Body, Fist, Finger Strikes, Tiger Claw, Spear Hand, Leopard

Basic Punching, Blocking and Kicking Review, *Kiu Sao*, *Da Sam Sing*, etc.

Start *Lau Gar Kyun* (Lau Family Fist)

Self Defense Continues (defensive postures and line work, controlled applications, sweeps, locks, chokes and surprise attacks by single attacker)

## **Intermediate First Level (1-2 Years)**

The start of the intermediate level begins with the review of all previous forms. There is a brief pause from learning forms and all three are reviewed again and the applications recalled and practiced with application. This stage is a transition from hard strength conditioning to varied skill through speed and flexibility. Whipping power and *fa jin* are introduced. The legendary Tiger Crane Form is taught.

*Moi Fa, Gong Ji, Lau Gar* Form Review, Drills and Applications

Speed, Grace and Expression

Start *Fu Hok Seong Ying Kyun* (Tiger Crane Double Style Fist)

Start *Wu Dip Cheung* (Butterfly Palms)

Intro to speed and softer techniques; Grappling, Take Downs, Sweeps, Kick Outs

Introduction to Tiger and Crane Animal Techniques and Styles

Many New Fist Techniques- Beyond Straight, Hook and Uppercut Strikes and Whipping Power

Review Empty Hand Self-Defense, Disarming, Weapon Drills and Applications, Intro to Multiple Attackers

Start Double Daggers, Single Daggers, Butterfly Swords

*Hang Yue Seung Dao* ("Moon Moves Double Knives"/*Wu Dip Seung Dao*- or Butterfly Knives)

## **Intermediate Second Level (2-4 Years)**

After the second year of training, students will need to review the Butterfly Palms and Tiger Crane with more depth; and as before with previous forms, drill and explore the movements so they are natural. Students will also be ready to appreciate the Tiger Crane Sparing Set and more realistic application. *Fa Jin* is explored in more depth. Speed and power, soft and hard are emphasized here.

*Wu Dip Jeong* and *Fu Hok* form review, drills and applications

Start *Jin Ying Kyun* (Elite Fist Form)

Start *Sam Ying Kuen* (Three Form Fist/Snake, Cat, Crane Combined Fist)

Start *Fu Hok Chaak* (Tiger Crane Sparring Set)

Weapon Drills, Disarming and Applications; Empty Hand Multiple Attackers

Daggers and Butterfly Swords Review, Drills and Application

Start Short Sticks, Broadsword, Straight Sword

*Pek Qua Dan Dao* (Broadsword)

*Kwan Leun Gim* (Kwan Mountain Straight sword)

## **Advanced First Level (3-6 years)**

At the Advanced stages, the third pillar form, Five Animal Five Elements or Ten Element Forms is introduced. New animal techniques are introduced but also taken out and learned as sub-styles. More techniques are introduced in *Sup Ying* but also more emphasis on qi gong and power development.

*Fu Hok* and Sparring Set Review

Build and Grow- Review Stability and Strength

Review Speed from Form and Fixed Position

Start *Sup Ying Kyun* (10 Forms Fist/Five Animal Five Elements)

Animal and Elements Breakdown and Review

Breathing Techniques/Qigong Review

Familiarity with Long Weapons (Straight Staff, Tapered Staff, Kwan Dao)

*Hang Che Gwan* (Walking Straight Staff or popularized aka "Monkey King Staff")

*Lau Gar Gwan* (Lau Family Tapered Long Staff)

Familiarity with Flexible Weapons (e.g. Whip, Meteor Hammer, Chain Whip)

## Advanced Second Level (4 years or more)

The final stage of learning traditional Hung Gar at our school, is to learn the Tit Sin Form correctly, with proper breathing and other exotic weapons such as the Kwan Dao. The idea here is to finalize the learning of all the essential forms in our lineage and be able to preserve and pass the knowledge down, while at the same time adopt any new or needed training methods and understanding in a modern context. One's knowledge of Hung Gar should become personalized and can now be best taken from any other style or martial system to enhance individual performance. After four years of dedication and proper understanding of the above curriculum, one should be able to teach the entire system and move on from there or remain, if they choose.

Substance, Mind, Intent

Listen with the mind

Studying mind presence and feel

Internal and Soft/Hard Balance

Sounds Review Expression and Purpose

Start *Tit Sin Kyun* (Iron Wire Fist)

Review Weapons. Other weapons (e.g. two-handed sword, spear, tiger fork, double chain whip) or hand forms (i.e. from other styles) can be added to your knowledge and a more personalized training system.

\*This is only a rough guide for the fastest and most dedicated student. Everybody learns at their own pace and curriculum introduction may vary. Understanding that people have different abilities, life situations and availabilities, it should be clear that one's speed of progression in Hung Gar will vary greatly. Patience, dedication and hard work are required, but human beings are not robots and our interests and schedules may change along our path. Some people have more or less natural ability as well. It might be the case that one will train hard for a few years, love it, but not be able to train for a few more years due to life circumstances out of their control or their waning interest. Or it might happen that training is highly desired but motivation or time commitment is highly limited. This is no problem because Hung Gar and kung fu in general is a long-term commitment anyway. One may start again or vary their level of commitment and effort through the natural course of life and should not stop training even when they learn the system.

Having said that, it is possible for a student that is strictly dedicated to a routine at least three lessons of instruction per week, with an additional one to two hours reserved per day for personal training- and

making most of as many seminars and special events offered by the school- all over the period of four to six years- should be able to make it to an advance phase and learn the heart of the Hung Gar curriculum from Master Chan Hon Chong's Lineage. After this, one must continue to re-learn and improve to maintain and grow.

## **Beginner-Intermediate Self-Defense**

Realism and Application: From Form to Street

Single Attacker

Situational Awareness, Strong Projecting Mind, Use Posture and Position for Advantage, Sinking/Rooting

Principles of Combat- Attack, There Are No Rules, Never Go Down, Never Give Up; Anything Is a Weapon, Defeat Your Opponent Totally When Attacked; If Injured, Do Not Yield; Appear and Act Strong to Discourage Aggressors

Targets of Opportunity and Vulnerability, Learn to Start Transitioning from Defensive Mind to Offensive Mind in order to Survive; Learn to Create Space; Basic Protection, Arm and Leg Positions, Basic Blocks and Cover

Basic Strikes- Palm Trikes, Tiger Claw, Reverse Punch, Straight Punch, Hook, Heal Kick to Waist, Toe Kick to Groin, Side Kick to Knee, Leg Sweeps

Bear Hugs, Bear Hug Breaks, Chokes, Coke Removal, Headlocks, Grabs from Front and Back; Breaks, Locks, Joint Manipulation, Wall Pins, Counters, Takedowns, Throws, Finishers and Floor Pins

Abduction Resistance (Stages of Abduction, Moments of Opportunity, Slowing Kidnappers, Breaking Free, Breaking Certain Restraints, Escaping)

Single Attacker with Weapons

Defend and Attack with Sticks and Knives, Disarming Common Weapons

Surprise Scenarios, Endurance Tests, Tests of Will, First Reaction Tests

Introduction to Limited Multiple Attackers and Surprise Attacks

## **Intermediate-Advanced Self-Defense**

Review Fundamentals Frequently, Emphasize Position and Technique Over Muscle

Continue to incorporate Hung Gar and Kung Fu into Self-Defense on Deeper Levels (e.g. applying the 12 bridges as both concept and varied techniques)

Making Responses Natural and Efficient

Increase Multiple Attacker Drills and Intensity of Exercises [while not intentionally harming fellow students]

Begin Tactics and Strategy, Review Listening to and Reading Your Opponent; Psychology of Various Fighters and Different Altercations, Begin More Aggressive and Direct Counters Where Possible; Encourage Freedom and Creativity

Speed in Posture: Lessons of Sinking and Floating; Rapid Attacks and Responses; Fastest Escapes, Most Efficient Means

Multiple Attackers Unarmed Using Various Scenarios

Never Give Up- Keep Attacking Even if Hurts (More Aggressive Attacks)

Multiple Attackers with Weapons

Defend and Attack with Anything and Everything (e.g. Sticks, Poles, Knives, Flexible Weapons, Projectiles; Rocks, Sand, Etc.)

General Anatomy of Modern Weapons, Safety, Blue Gun Drills, Disarming Gunmen; Disarming Multiple Attackers