

Hung Gar Basics

The Forward Step: This is the basic footwork of 80% of the techniques and Short Forms in the Hung Gar class.

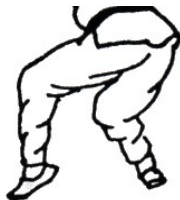
0. L Stance



1. 7 Stars Stance



2. Cat Stance



3. 7 Stars Stance



4. L Stance



Tiger Postures:

◆ Black Tiger Claw Method

This is the ancestral Tiger form.

It is the fundamental basis for all Tiger Kung Fu, and for the Hung Gar style.

1. Weight back to 7 stars. Hands don't move.
2. Turn waist, shift to Cat. Bottom hand drops to waist. Top hand folds over into new bottom hand.
3. Place heel to 7 stars. Rear hand swings to rear corner to counter balance leg. Front hand does not move.
4. Shift forward to L stance. Rear hand swings into palm high. Bottom front hand becomes bottom hand- it doesn't move.

◆ Tiger Takes a Sheep

This posture is very similar to Black Tiger Claw.

Essentially it's Black Tiger with Chase Hands in the middle.

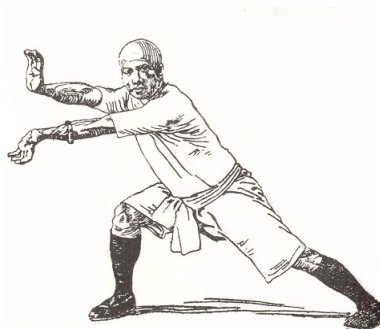
1. Shift back to 7 stars, hands don't move.
2. Shift forward to Cat. Top hand Claws inward across face, bottom hand drops to waist.
3. Stay in Cat. Turn waist, top hand drops to waist, bottom hand claws inward across face.
4. Stay in Cat. Turn waist, top hand drops to waist, bottom hand claws inward across face.
5. Place heel to 7 stars. Rear hand swings to rear corner to counter balance leg. Front hand turns palm down in front of chest.
6. Shift forward to L stance. Rear hand swings into palm high. Bottom front hand becomes bottom hand- it doesn't move.



Hung Gar Basics

◆ Butterflies Scatter

1. Shift back to 7 stars. Hands don't move
2. Shift forward to Cat. Hands rotate and change position.
3. Place heel forward to 7 stars. Hands don't move
4. Shift forward to L stance. Hands separate slightly, but otherwise don't move.



◆ Tiger Lies in Wait

1. Shift back to 7 stars. Hands don't move.
2. Shift forward to Cat. Top hand slices downward. Bottom hand goes to waist.
3. Place heel forward to 7 stars. Front hand circles up to high drill.
4. Shift forward to L stance. Rear hand claws out at solar plexus. Top hand does not move.
5. Turn waist, draw low hand back to waist, top hand claws downward.
6. Turn waist, strike with back hand. Ends in Black Tiger posture.

◆ Single Tiger Leaves the Cave

1. Step to corner. Draw bottom hand to waist, claw outward with top hand. Bottom hand moves from waist to near shoulder.
2. Pull rear leg up to Cat. Pull downward with front hand, rear hand strikes high to corner with Tiger Claw.



Tiger Forms:

2P Fighting Tigers

Number	Side A	Side B
0	Block with L,	R Punch
1	Black Tiger, step L, attack R	L Parry
2	Grab their R elbow with your R hand, step R and Black Tiger, attacking with L	L Drill
3	Take the Bridge R, Favorable Single Tiger, attacking with L in L Cat stance.	R Parry
4	Grab their L elbow with L hand, step L and Black Tiger, attacking with L	Butterflies Scatter with R hand on their wrist, L hand on their elbow.
1	L Parry	Hold down their arm with L, Step L and Black Tiger, attacking with R