



Hung Gar Forms

| <u>Dir.</u> | <u>Ct</u> | <u>Posture</u> | <u>Sword</u> | <u>Dir.</u> | <u>Ct</u> | <u>Posture</u> | <u>Sword</u> |
|-------------|-----------|---|--------------|--|-----------|---|--------------|
| E | 9 | Salutation | RT LT | Leopard: <i>Nimble, uses precision more, mass less</i> | | | |
| | | Tiger: <i>Use body mass for power</i> | | SE | 2 | White Horse Kicks Heels | |
| E | 3 | Butterflies Scatter | RO LO | SE | 1 | Suppress The Tiger L In Bow | |
| E | 4 | Tiger Takes a Sheep | | SE | 1 | Beauty Looks In The Mirror | |
| E | 2 | Single Tiger Leaves the Cave | | SE | 1 | Push Flowers Into A Sleeve | |
| SW | 6 | Tiger Lies in Wait | | SE | 1 | One Finger Divides China | |
| NW | 6 | Tiger Lies in Wait | | SE | 1 | High Split And Push | |
| NW | 4 | Tiger Combats Wolf L | | SE | 1 | Mid Split and Push | |
| NE | 4 | Tiger Combats Wolf R | | SE | 1 | Low Split and Push | |
| NW | 4 | Fierce Tiger Descends the Mtn. I | | SE | 2 | Wipe The Sleeves | |
| SE | 10 | Fierce Tiger Descends the Mtn. II | | SE | 2 | Advance The Horse Strike With Palm | |
| NW | 10 | Tiger Combats Dragon | | SE | 2 | Chopping Bamboo Into Little Pieces | RO LT |
| W | 2 | Return Horse to Stable | | SE | 2 | Monk Comes Out Of The Cave R | |
| W | 2 | Breaking the Veins | | SE | 2 | Chop and Cross Sweep | |
| S | 1 | Stand Spotted | RT LT | SE | 1 | Chamber and Stand Spotted | RT LT |
| | | Snake: <i>Power from ground, Linear Striking</i> | | NE | 2 | White Horse Kicks Heels | |
| E | 9 | Salutation | RT LT | NE | 1 | Suppress The Tiger L In Bow | |
| N | 2 | Wipe the Sleeves | | NE | 1 | Beauty Looks In The Mirror | |
| N | 2 | Bow Punch R | RO LT | NE | 1 | Push Flowers Into A Sleeve | |
| N | 2 | Horse Punch L | | NE | 1 | One Finger Divides China | |
| N | 1 | Parry In, Retreat to Cat | | NE | 1 | High Split And Push | |
| W | 2 | Horse Chop R | | NE | 1 | Mid Split and Push | |
| N | 2 | Drill And Push | | NE | 1 | Low Split and Push | |
| N | 1 | Double Hanging Fists | RT LT | NE | 2 | Wipe The Sleeves | |
| N | 1 | Hanging Fists Come Down | | NE | 2 | Advance The Horse Strike With Palm | |
| N | 1 | Single Fist Break The Sky | | NE | 2 | Chopping Bamboo Into Little Pieces | RT LO |
| N | 1 | Double Fist Break The Sky | | NE | 2 | Monk Comes Out Of The Cave L | |
| N | 2 | 8 Section Arrow Fist | | NE | 1 | Chop and Cross Sweep | |
| N | 2 | Reviving Fist Method | | NE | 1 | Chamber and Stand Spotted | RT LT |
| S | 2 | Wipe the Sleeves | | E | 2 | White Horse Kicks It's Heels | |
| S | 2 | Bow Punch L | RT LO | E | 2 | Step Forward And Push, Sparrow Hop 2 Arching Arms Wrap The Moon | |
| S | 2 | Horse Punch R | | E | 3 | Boy Venerates The Buddha | |
| S | 1 | Parry In, Retreat to Cat | | E | 1 | Wild Tiger Holds Up The Mountain | |
| W | 2 | Horse Chop L | | E | 1 | Tiger's Eye And Leopard Fist | |
| S | 2 | Drill And Push | | E | 1 | Stand Spotted Finish | |
| S | 1 | Double Hanging Fists | RT LT | | | | |
| S | 1 | Hanging Fists Come Down | | | | | |
| S | 1 | Single Fist Break The Sky | | | | | |
| S | 1 | Double Fist Break The Sky | | | | | |
| S | 2 | 8 Section Arrow Fist | | | | | |
| S | 2 | Reviving Fist Method | | | | | |
| E | 2 | Hanging Foot Chop | | | | | |
| E | 2 | Turning Body Slashing Bamboo | | | | | |
| E | 2 | Iron Door Fist (2- Headed Snake) | RO LO | | | | |



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|--|-----------|-------------------------------------|--------------|--|-----------|------------------------------------|--------------|
| Dragon: <i>Flexible Tiger, both in movement and application</i> | | | | Crane: <i>Evasive, avoids power, attacks with precision</i> | | | |
| E | 9 | Salutation | RT LT | E | 1 | R T Sweep | |
| E | 2 | Under the Arm Arrow Fist | RO LT | E | 1 | L T Knee Break | |
| E | 3 | Dragon Stretches It's Claws | | E | 2 | Curve The Wing, Sink The Waist | |
| E | 2 | Dragon Thrusts it's Claws | | E | 2 | Wipe The Sleeves | |
| N | 3 | Iron Broom Leg and Pivot | RO LO | E | 2 | Throw The Ball Through The Waves | |
| E | 2 | Under the Arm Arrow Fist | RT LO | E | 2 | Punch Inside The Sleeves | |
| E | 3 | Dragon Stretches It's Claws | | E | 2 | Backfist Sweep | |
| E | 2 | Dragon Thrusts it's Claws | | E | 1 | R T Knee Break | |
| S | 3 | Iron Broom Leg and Pivot | RO LO | E | 2 | Curve The Wing , Sink The Waist | |
| E | 4 | Dragon Serves a Pearl | | E | 2 | Wipe The Sleeves | |
| E | 4 | Black Tiger Claw | | E | 2 | Throw The Ball Through The Waves | |
| W | 2 | Sweep Sea, Push Mountain | | E | 2 | Punch Inside The Sleeves | |
| E | 2 | 10 Divided Golden Tigers | | E | 2 | Reincarnation Of Fulfilled Crane L | |
| E | 3 | Golden Star Hanging Fist | | E | 2 | Reincarnation Of Fulfilled Crane R | |
| E | 2 | Wild Tiger Pushes Mountain | | E | 2 | Flying Crane Perched On 1 Leg R | RO LO |
| E | 2 | 8 Section Arrow Fist and Fixed Step | | E | 2 | Hungry Crane Pecks For Shrimp R | RT LO |
| W | 4 | Flying Dragon | | SE | 3 | Flying Crane Perched On 1 Leg L | RO LO |
| E | 2 | Kneeling Punch | | E | 2 | Hungry Crane Pecks For Shrimp L | RO LT |
| E | 2 | Horse Uppercut | RO LT | NE | 3 | Right Brace And Punch | RT LT |
| E | 2 | Bow Twist Punch R | RT LT | E | 3 | Left Brace And Punch | |
| S | 5 | Breaking Butterflies R | | E | 2 | Black Dragon Swings Tail | |
| N | 5 | Breaking Butterflies L | | E | 2 | Monk Summons A Corpse | |
| E | 2 | Moon's Shadow | | E | 4 | Tame Tiger/ Shoot Tiger | RT LO |
| E | 1 | Dragon Hides, Tiger Leaps | | S | 4 | 8 Drunken Immortals | RO LO |
| E | 3 | Tiger Claws the Sand | | E | 4 | Lohan Comes Out Of The Cave | |
| E | 2 | Wipe the Sleeves and Back Step | | E | 2 | Drunken Single Finger | |
| E | 2 | Bow Punch R | | E | 3 | Throwing Fists 1 | |
| E | 5 | Closing Salutation | | E | 3 | Throwing Fists 2 | |
| | | | | E | 3 | Throwing Fists 3 | |
| | | | | E | 1 | Throwing Fists 4 | |
| | | | | E | 1 | Stand Spotted Finish | RT LT |

Tiger and Crane

| | | | |
|---|----|-------------------------|-------|
| E | 9 | Salutation | RT LT |
| E | 49 | Poison Hands/ Iron Body | |
| E | 33 | Leopard | |
| E | 27 | Snake | |
| S | 12 | Tiger | |
| E | 30 | Crane | |
| E | 27 | Dragon | |