

Mexico City International Seminar, November 13th-15th
Kung Fu Learning and Training Content

Forms	
小十字拳	<u>Hung Sing Gwoon Material</u> <u>Primary Level</u> <i>Siu Sup Ji Kuen</i> (Small Cross)
三星阴阳拆	<u>Primary Level Two-Person Form</u> <i>Sam Sing Yum Yeung deu Chag</i> (Three Stars Yin and Yang Two-Person Form)
梅花八卦拳	<u>Wing Sing Tong Material</u> <u>Secondary Level</u> <i>Mui Fa Ba Gwa Kuen</i> (Plum Blossom Bagua Fists)

Wednesday, 11/13	
9am-9:15am (9:00-9:15)	Stretching, Warm Ups.
9:15am-10am (9:30-10:00)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Oi Lem Sau</i> , External Gate Training
10am-12pm (10:00-12:30)	H.S.G Training: 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross)
12pm-2pm (12:00-14:00)	Lunch
2pm-2:30pm (14:00-14:30)	Stretching and Warm Ups.
2:30pm-5pm (14:30-17:00)	H.S.G. Training: 三星阴阳拆 <i>Sam Sing Yum Yeung deu Chag</i> (Three Stars Yin and Yang Two-Person Form)
6pm (18:00)	Dinner
Thursday, 11/14	
9am-9:15am (9:00-9:15)	Stretching, Warm Ups.
9:15am-10am (9:30-10:00)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Oi Lem Sau</i> , External Gate Training

10am-12pm (10:00-12:30)	H.S.G. Training: 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross)
12pm-2pm (12:00-14:00)	Lunch
2pm-2:30pm (14:00-14:30)	Stretching and Warm Ups.
2:30pm-5pm (14:30-17:00)	H.S.G. Training: 三星阴阳拆 <i>Sam Sing Yum Yeung deu Chag</i> (Three Stars Yin and Yang Two-Person Form)
6pm (18:00)	Dinner
Friday, 11/15	
9:15am-10am (9:30-10:00)	Stretching, Warm Ups.
9am-9:15am (9:00-9:15)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Noi Lem Sau</i> , Internal Gate Training <i>San Da</i>
10am-12pm (10:00-12:30)	H.S.G. Training: 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross)
12pm-2pm (12:00-14:00)	Lunch
2pm-2:30pm (14:00-14:30)	Stretching and Warm Ups.
2:30pm-5pm (14:30-17:00)	H.S.G. Training: 三星阴阳拆 <i>Sam Sing Yum Yeung deu Chag</i> (Three Stars Yin and Yang Two-Person Form)
3pm-5pm (15:00-17:00)	W.S.T./Disciple Training: 梅花八卦拳 <i>Mui Fa Ba Gwa Kuen</i> (Plum Blossom Bagua Fists)
6pm (18:00)	Dinner