

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)
四门单刀	<u>Primary Level Weapon Form</u> <i>Sey Mun Dan Dou</i> (Four Door Broadsword)
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)
蝴蝶双刀对金剛棒	<u>Wing Sing Tong/Disciple Material</u> <u>Deu Chag Two-Person Form with Weapons:</u> <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)

Wednesday, 11/13	
9am-9:30am (9:00-9:30)	Stretching, Warm Ups.
9:30am-10:30am (9:30-10:30)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Oi Lem Sau</i> , External Gate Training
10:30am-12pm (10:30-12:00)	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-3:30pm (14:30-17:00)	H.S.G. Training: 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross)
3:30pm-5pm (15:30-17:00)	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)

4pm-5pm (16:00-17:00)	W.S.T./Disciple Training: 蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)
6pm (18:00)	Dinner
Thursday, 11/14	
9am-9:30am (9:00-9:30)	Stretching, Warm Ups.
9:30am-10:30am (9:30-10:30)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Oi Lem Sau</i> , External Gate Training
10:30am-12pm (10:30-12:00)	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-3:30pm (14:30-17:00)	H.S.G. Training: 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross)
3:30pm-5pm (15:30-17:00)	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)
4pm-5pm (16:00-17:00)	W.S.T./Disciple Training: 蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)
6pm (18:00)	Dinner
Friday, 11/15	
9am-9:30am (9:00-9:30)	Stretching, Warm Ups.
9:30am-10:30am (9:30-10:30)	H.S.G Training: <i>Bak Gwa</i> Hands and Nine Kicks: <i>Noi Lem Sau</i> , Internal Gate Training <i>San Da</i>
10:30am-12pm (10:30-12:00)	H.S.G. Training: 四门单刀 <i>Sey Mun Dan Dou</i> (Four Door Broadsword)
12pm-2pm (12:00-14:00)	Lunch
2pm-2:30pm (14:00-14:30)	Stretching and Warm Ups.

2:30pm-4pm (14:30-16:00)	H.S.G. Training: 四门单刀 <i>Sey Mun Dan Dou</i> (Four Door Broadsword)
4pm-5pm (16:00-17:00)	H.S.G. Training: Review 小十字拳 <i>Siu Sup Ji Kuen</i> (Small Cross) 三星阴阳拆 <i>Sam Sing Yum Yeung deu Chag</i> (Three Stars Yin and Yang Two-Person Form) 四门单刀 <i>Sey Mun Dan Dou</i> (Four Door Broadsword)
4pm-5pm (16:00-17:00)	W.S.T./Disciple Training: 蝴蝶双刀对金剛棒 <i>Wu Dip Seong Dou Deu Gum Gong Pang</i> (Double Butterfly Swords vs. Buddha Warrior Attendant's Cudgel)
6pm (18:00)	Dinner