

# Choy Li Fut Cubs Ranking

## NO FRINGE

### BASICS 1

Square Horse, Dil Ma  
Tsop  
Kwun Kiu, Yeung Kiu, Peet  
Front Snap Kick

**1<sup>st</sup> Stripe**

Lion Awakes  
Lion Pounces

**2<sup>nd</sup> Stripe**

## WHITE FRINGE

### BASICS 2

Ding Ji Ma  
Gwa, Sow  
Poon Kiu  
Roundhouse Kick

**1<sup>st</sup> Stripe**

Lion Naps  
Lion Stalks

**2<sup>nd</sup> Stripe**

## YELLOW FRINGE

### BASICS 3

Nau Ma, Lok Quei Ma  
Jong  
Ga  
Side Kick

**1<sup>st</sup> Stripe**

Lion Plays  
Lion Attacks

**2<sup>nd</sup> Stripe**

## ORANGE FRINGE (RED Sash/Tunic)

### Plum Blossom 1 (S.F., GM)

**PB1 combo 1:** Feet together, Fists at hips, L. kick, L. Tsop, R. Ping Tsop, L. Yum Tsop; (both sides)

**1<sup>st</sup> Stripe**

**PB1 combo 2:** R. Guard, R. Kick, R. Peck Chui, L. Gwa Chui

**2<sup>nd</sup> Stripe**

## GREEN FRINGE

### Plum Blossom 1 (S.F., GM)

**PB1 combo 3:** R. Guard, L. Tsang, R. Wok, R. Kick, R. Yum Tsop

**1<sup>st</sup> Stripe**

**PB1 combo 4:** R. Guard, R. Yum Tsop, L. Ping Tsop, R. Ping Tsop, L. Ping Tsop

**2<sup>nd</sup> Stripe**

## BLUE FRINGE

### Plum Blossom 2 (S.F., GM)

**PB2 combo 1:** L. Guard, Chum Kiu, Ging Lai, Sei Ping Ma

**1<sup>st</sup> Stripe**

**PB2 combo 2:** R. Guard, L. Chin-Ji, L. Kick (both sides), R. Yum Tsop

**2<sup>nd</sup> Stripe**

**PB2 combo 3:** R. Guard, R. Ping Tsop, L. Wok, R. Yum Tsop, L. Yum Tsop

**3<sup>rd</sup> Stripe**

**PB2 combo 4:** R. Guard, L. Tsang, R. Jong, L. Jong, R. Kup, L. Jong

**4<sup>th</sup> Stripe**

## PURPLE FRINGE

### **5Wheel Fist (Jueng Muen, GGM WG)**

**5WF combo 1:** R. Guard, R. Yum Tsop, R. Lau Kiu, R. Gwa Chui, L. Cheong Ngan Choi, R. Yum Tsop (Both Sides) – 2x each side

#### **1<sup>st</sup> Stripe**

**5WF combo 2:** R. Guard, R. Lok Kiu, L. Teut Jeung (both sides) – 2x each side

#### **2<sup>nd</sup> Stripe**

**5WF combo 3:** R. Guard, Yeung Kiu, L. Chuin Nau, R. Gwa Chui, L. Poon Kiu, R. Tsop

#### **3<sup>rd</sup> Stripe**

**5WF combo 4:** R. Guard, R. Pek Choi, R. Dip Jeung, R. Gong Jeung, R. Don Lon, R. Fan Jong, L. Kum Sau, R. Wok, R. Dik, L. Yut

#### **4<sup>th</sup> Stripe**

**5WF combo 5:** R. Guard, L. Poon Kiu, Lok Quei Jit Fu Chui, Don Hai Yau, Geuk, Seung Tuei Jeung

#### **5<sup>th</sup> Stripe**

**5WF combo 6:** R. Guard, R. Knee up, L. Poon Kiu, R. Chin-Ji, R. Biu Jong, L. Chuin Nau, L. Poon Kiu, R. Cheong Ngan Chui

#### **6<sup>th</sup> Stripe**

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### **Plum Blossom Staff (S.F., GM)**

**Staff combo 1:** Chyau, Sot, Cheung, Peet, Guart; Pah Kum, Flower

#### **1<sup>st</sup> Stripe**

**Staff combo 2:** Ging Lai, Sot, Cheung, Flower, Kum, Dam, Sot

#### **2<sup>nd</sup> Stripe**

**Staff combo 3:** Sot, Dik Sui, Pah Kum, Chyau, Sot

#### **3<sup>rd</sup> Stripe**

**Staff combo 4:** Flower 3x, Sot, Wang, Wang, Dam, Kum

#### **4<sup>th</sup> Stripe**

**Staff combo 5:** Sot, Da Siu Kei, Tau Ding Fa, Sot

#### **5<sup>th</sup> Stripe**

--- OR ---

**Chyau Staff (Jeung Muen, GGM WG)**

**Staff combo 1:** Chyau, Sot, Cheung, Peet, Guart; Pah Kum

**1<sup>st</sup> Stripe**

**Staff combo 2:** Ding Jeung, Don Lon, 2X

**2<sup>nd</sup> Stripe**

**Staff combo 3:** Cheung, Guart, Cheung, Chyau, Sot, Peet, Na

**3<sup>rd</sup> Stripe**

**Staff combo 4:** Cheung, Dik Soy, Pah Kum, Cheung, Kum Dei

**4<sup>th</sup> Stripe**

**Staff combo 5:** Cheung, Jeh Lan, Chum/'Tiu, Sau Hau

**5<sup>th</sup> Stripe**

**Staff combo 6:** Chum/'Tiu, Dik Soy, Pah Kum, Cheung, Guart, Chyau, Sot, Jeh Lan,  
Toss Staff to left hand

**6<sup>th</sup> Stripe**

**--- PROGRESSION TO YOUTH RANKING ---**

**ORANGE FRINGE**

**Wall Bag (S.F., GM)**

**WB combo 1:** R. Guard, R. Gwa, L. Tsang, R. Tsop, L. Tsang, R. Chin-Ji

**1<sup>st</sup> Stripe**

**WB combo 2:** L. Guard, L. Gwa, R. Kup, L. Jong, R. Tsang; L. Chin-Ji

**2<sup>nd</sup> Stripe**

**WB combo 3:** R. Guard, R. Cheong Ngan Chui, L. Chuin Nau, R. Tsop, L. Biu Jong

**3<sup>rd</sup> Stripe**

**WB combo 4:** L. Guard, R. Sow, L. Don Lon, R. Sow, Seung Twei Jeung

**4<sup>th</sup> Stripe**