

The list below is not the teaching curriculum of the Choy Li Fut system. Each school has its own teaching forms and one is not required to learn all the forms in the system to complete one's training in Choy Li Fut kung fu. In the Plum Blossom International Federation, all these forms are available for students who want to learn more. To master the system of Choy Li Fut, you need only learn 20% of the forms below to reach Sifu level.

Hand Forms 拳套:

Five Wheel Stance and Fist Form (Ng Lun Ma Ng Lun Chui) 五輪馬, 五輪槌

Lively Horse, Four Door Bridge Form (Jau San Ma, Sei Moon Kiu) 走生馬四門橋

Small Cross Pattern Hand Form (Siu Sup ji Kuen) 小十字拳

Small Plum Blossom Hand Form (Siu Mui Fa Kuen) 小梅花拳

Hung Sing Cross Pattern Hand Form (Hung Sing Sup Ji Kuen) 鴻勝十字拳

Jiangmen Small Tiger-Blocking Hand Form (Jiangmen Siu Jit Fu Kuen) 岡州小截虎拳

Hung Sing Long Fist Form (Hung Sing Cheong Kuen) 鴻勝長拳

Cross Pattern of Tiger-Blocking Hand Form (Sup Ji Jit Fu Kuen) 十字截虎拳

Great Cross Pattern Hand Form (Dai Sup Ji Kuen) 大十字拳

Cross Pattern of Continuing Fighting Hand Form (Sup Ji Kau Da Kuen) 十字扣打拳

Level Hand Form (Ping Kuen) 平拳

Level Elbow Hand Form (Ping Jang Kuen) 平爭拳

Small Strong Fist Form (Siu Hung Kuen) 小雄拳

Great Strong Fist Form (Dai Hung Kuen) 大雄拳

Small Pa-Kwa Hand Form (Siu Bot-Gwa Kuen) 小八卦拳

Heart of Pa-Kwa Hand Form (Bot-Gwa Sum Kuen) 八卦心拳

Great Pa-Kwa Hand Form (Dai Bot-Gwa Kuen) 大八卦拳

Hung's People Pa-Kwa Hand Form (Hung Yen Bot-Gwa Kuen) 雄人八卦拳

Duelling Tiger Pa-Kwa Hand Form (Dau Fu Bot-Gwa Kuen) 鬥虎八卦拳

Righteous and Strong Pa-Kwa Hand Form (Yee Jong Bot-Gwa Kuen) 義壯八卦拳

Plum Blossom Pa-Kwa Hand Form (Mui Fa Bot-Gwa Kuen) 梅花八卦拳

Daht-Ting's Pa-Kwa Hand Form (Dhat-Ting Bot-Gwa Kuen) 達停八卦拳
Small Buddha Palm Hand Form (Siu Fut Jeong Kuen) 小佛掌拳
Large Buddha Palm Hand Form (Dai Fut Jeong Kuen) 大佛掌拳
Small Arrow Fist Form (Siu Jin Kuen) 小箭拳
Small Leopard Hand Form (Siu Pau Kuen) 小豹拳
Iron Arrow Long Fist Form (Tit Jin Cheong Kuen) 鐵箭長拳
Gung Ji Taming Tiger Hand Form (Gung Ji Fook Fu Kuen) 工字伏虎拳
Buddha Taming Tiger Hand Form (Law Hon Fook Fu Kuen) 羅漢伏虎拳
Single Leg Hand Form (Dahn Geuk Kuen) 單腳拳
White Hair Hand Form (Bak Mo Kuen) 白毛拳
Eighteen Lohan Chi Kung Form (Sup Bot Law Hon Yik Gun Kuen) 十八羅漢易筋拳
Kwan-Yin Sitting In Lotus Palm Form (Goon Yum Dzo Lin Jeong) 觀音坐蓮掌
Drunken Lohan Hand Form (Jwoi Law Hon Kuen) 醉羅漢拳
Eight Drunken Immortals Hand Form (Jwoi Bot Sin Kuen) 醉八仙拳
Continuous Dual Kicking Form (Yin Yeung Twei Lin Wan) 鴛鴦腿連環
Dragon Ba Gua Palm Form (Lung Ying Bot Gwa Jeong) 龍形八卦掌
Supreme Ultimate Hand Form (Tai Gik Kuen) 太極拳
Ultimate Less Hand Form (Mo Gik Kuen) 無極拳
Tiger Hand Form (Fu Ying Kuen) 虎形拳
Crane Form (Hok Ying Kuen) 鶴形拳
Snake Form (Seh Ying Kuen) 蛇形拳
Leopard Form (Pau Ying Kuen) 豹形拳
Dragon Hand Form (Lung Ying Kuen) 龍形拳
Monkey Hand Form (Hao Ying Kuen) 猴形拳
Elephant Hand Form (Jeung Ying Kuen) 象形拳
Horse Hand Form (Ma Ying Kuen) 馬形拳
Lion Hand Form (Si Ying Kuen) 獅形拳
Tiger Cub Hand Form (Biu Ying Kuen) 彪形拳

Dragon and Tiger Hand Forms (Lung Fu Kuen) 龍虎拳

Small Five Animals Hand Form (Siu Ng Ying Kuen) 小五形拳

Five Animals Hand Form (Ng Ying Kuen) 五形拳

Small Ten Animals Hand Form (Siu Sup Ying Kuen) 小十形拳

Ten Animals Hand Form (Sup Ying Kuen) 十形拳

Multiple Person Fighting Forms 拳类对拆:

Nine Star Blocking Hands (Gau Sing Jong Sau) 九星椿手

Cross Pattern vs. Plum Blossom Form (Sup Ji Kuen Dwei Chuck Mui Fa Kuen)
十字對拆梅花拳

Golden Leopard vs. Tiger Form (Gam Pau Kuen Dwei Chuck Fu Ying Kuen) 金豹
對拆

White Hair vs. Snake and Crane Form (Bak Mo Kuen Dwei Chuck Seh Hok
Kuen) 白毛拳對拆蛇鶴拳

Snake vs. Crane Form (Seh Ying Kuen Dwei Chuck Hok Ying Kuen) 蛇形對拆鶴
形拳

Dragon vs. Tiger Form (Lung Ying Kuen Dwei Chuck Fu Ying Kuen) 龍形對拆虎
形拳

Monkey vs. Tiger Cub Form (Hao Ying Kuen Dwei Chuck Biu Ying Kuen) 猴形對
拆彪形拳

Horse vs. Elephant Form (Ma Ying Kuen Dwei Chuck Jeung Ying Kuen) 馬形對拆
象形拳

Five Animals vs. Five Animals Form (Ng Ying Kuen Dwei Chuck) 五形拳對拆

Dragon vs Tiger vs Leopard 3 Man Form (Lung Fu Pau Kuen Saam Yan Dwei
Chuck) 龍虎豹拳三人对拆

Staff Forms 棍類:

Junior Plum Blossom Staff (Siu Mui Fa Gwun) 小梅花棍

Junior Bin-Gwai Staff (Siu Bin-Gwai Seung Tau Gwun) 小扁拐双頭棍

Double and Single-Ended Staff (Seung Gup Dahn Gwun) 双夾单棍

Flat Crutch Double-Ended Staff (Bin-Gwai Seung Tau Gwun) 扁拐双頭棍
Monkey King Staff (Hang Jeh Pang) 行者棒
Driving Dragon Double-Ended Staff (Chim Lung Seung Tau Gwun) 潛龍双頭棍
Coiling Dragon Double-Ended Staff (Poon Lung Seung Tau Gwun) 蟠龍双頭棍
Twining Dragon Double-Ended Staff (Chin Lung Seung Tau Gwun) 纏龍双頭棍
Twin Dragon Holding In Air Double-Ended Staff (Seung Lung Gup Hei Gwun) 双龍夾氣棍
Chau-Sot Single-Ended Staff (Chau-Sot Dahn Tau Gwun) 抽掇单頭棍
Chau-Sot Ba Gua Staff (Chau-Sot Bot Gwa Gwun) 抽掇八卦棍
Great Banner Single-Ended Staff (Dai Hung Kei Dahn Tau Gwun) 大雄旗单頭棍
[Plum Blossom Spear/Staff \(Mui Fa Cheung Gwun\)](#) 梅花槍棍
Driving Dragon Single-Ended Staff (Chim Lung Dahn Tau Gwun) 潛龍单頭棍
Coiling Dragon Single-Ended Staff (Poon Lung Dahn Tau Gwun) 蟠龍单頭棍
Plum Blossom Pa-Kua Staff (Ng Dim Mui Fa Bot Gwa Gwun) 五點梅花八卦棍

Spear Forms 槍類:

Throat Locking Spear (Saw Hau Cheung) 鎖喉槍
Plum Blossom Spear (Mui Fa Cheung) 梅花槍
Left-Right Kau Sot Ba Gua Spear (Jor Yau Kau Sot Bot Gwa Cheung) 左右扣剎八卦槍
Left-Right Thirteen Lunges Spear (Jor Yau Sup Sam Cheung) 左右十三槍
Hook Spear (Ngau Lim Cheung) 鈎廉槍
Snake Spear (Seh Mau Cheung) 蛇茅槍
Left and Right Two-Ended Spear (Jor Yau Leong Tau Cheung) 左右兩頭槍

Broadsword Forms 刀類:

Plum Blossom Broadsword (Mui Fa Dahn Do) 梅花单刀
Taming Tiger Broadsword (Fook Fu Dahn Do) 伏虎单刀

Left and Right Pa-Kwa Broadsword (Jor Yau Bot-Gwa Dahn Do) 左右八卦单刀

Horse-chopper Broadsword (Chahn Ma Do) 鑊馬刀

Green Dragon Plum Blossom Single Commander's Saber (Ching Lung Moi Fa Dahn Ji Fai Do) 青龍梅花单指揮刀

Small Plum Blossom Double Broadsword (Siu Mui Fa Seung Do) 小梅花双刀

Plum Blossom Double Broadsword (Mui Fa Seung Do) 梅花双刀

Cross Pattern Plum Blossom Double Broadsword (Sup Ji Mui Fa Seung Do) 十字梅花双刀

Seven Stars Plum Blossom Double Broadsword (Chut Sing Mui Fa Seung Do) 七星梅花双刀

Continuous Plum Blossom Double Broadsword (Lin Wan Mui Fa Seung Do) 連環梅花双刀

Pa-Kwa Twin Knives (Bot-Gwa Seung Do) 八卦双刀

Hung Sing Twin Knives (Hung Sing Seung Do) 鴻勝双刀

Sun and Moon Plum Blossom Double Commander's Saber (Yat Yuit Moi Fa Seung Ji Fai Do) 日月梅花双指揮刀

Two-Edged Sword Forms 劍類:

Green Dragon Plum Blossom Straight Sword (Ching Lung Mui Fah Dahn Gim) 青龍梅花单劍

Green Dragon Straight Sword (Ching Lung Dahn Gim) 青龍单劍

Golden Dragon Straight Sword (Gum Lung Dahn Gim) 金龍单劍

Bodhidharma Straight Sword (Da Mo Dahn Gim) 達摩单劍

Yuen Chou Straight Sword (Van Cheuk Dahn Gim) 雲綽单劍

Male and Female Double Straight Swords (Chi Hung Seung Gim) 雌雄双劍

Flying Dragon Plum Blossom Double Straight Swords (Fei Lung Mui Fah Seung Gim) 飛龍梅花双劍

Double Daggers (Seung Pei Sau) 双匕首

Long-Handled Weapon Forms 長兵器:

Farmer's Hoe (Nung Fu Chor Tau) 農夫鋤頭

Lan Moon Jai Broadsword (Lan Moon Jaai Dai Do) 攔門寨大刀

Spring and Autumn Dynasty Kwan-Do (Chun Chau Dai Kwan-Do) 春秋大關刀

Nine-Ring Long-Handled Broadsword (Gau Wan Dai Do) 九環大刀

Day-Night Seven Star Long-Handled Knife (Ji Ng Chat Sing Tiu) 子午七星鉞

Long-Handled Axes (Dai Ban Fu) 大板斧

Taming Tiger Cross Pattern Trident (Fook Fu Sup Ji Dai Pah) 伏虎十字大耙

Small Diamond Trident (Siu Gum Gong Pah) 小金剛耙

Diamond Trident (Gum Gong Dai Pah) 金剛大耙

Long-Handled Halberd (Fong Tien Wak Gik) 方天劃戟

Golden Coin Long-Handled Halberd (Gum Chin Gik) 金錢戟

Golden Bell Style Shovel (Gum Jung Chahn) 金鐘鏟

Crescent Moon Style Shovel (Yuet Ngah Chahn) 月牙鏟

Golden Coin Style Shovel (Gum Chin Chahn) 金錢鏟

[Nine Dragon Trident \(Gau Lung Dai Chah\) 九龍大叉 - Read the Article](#)

Fan Forms 扇套:

Small Hand Breaking Fan (Siu Sui Sau Sin) 小碎手扇

Hand Breaking Fan (Sui Sau Sin) 碎手扇

Flying Dragon Fan (Fei Lung Sin) 飛龍扇

Golden Dragon Fan (Gum Lung Sin) 金龍扇

Golden Phoenix Fan (Gum Fung Sin) 金鳳扇

Two-Part Weapons 双手兵器:

Double Wind and Fire Wheels (Shuang Fung Fuo Lun) 双風火輪

Plum blossom Double Hookswords (Mui Fa Wu Sau Seung Ngau) 梅花護手双鉤

Hurricane Double Axes (Seun Fung Seung Fu) 旋風双斧

Plum blossom Double Chain Whips (Mui Fa Seung Bin) 梅花雙鞭
Double Melon Hammers (Seung Tung Chui) 雙銅錘
Double Copper Cudgels (Seung Tung Gan) 雙銅鑊
Five Dragon Double Metal Cudgel (Ng Lung Seung Gum Gan) 五龍雙金鑊
Pa-Kwa Double Hard Metal Whip Form (Bot-Gwa Seung Gum Bin) 八卦雙金鞭
Broadsword and Chain-Whip (Dahn Do Bin) 單刀鞭
Double Tiger's Head Shields (Seung Fu Tau Pah) 雙虎頭牌
Double Rattan Shields (Seung Tang Pah Dip) 雙籐牌碟
Broadsword and Rattan Shield (Dahn Do Tang Pah Dip) 單刀籐牌碟

Miscellaneous Single Weapons 其他兵器:

Bodhidharma Cane Form (Dat Mo Quai Jeung) 達摩拐杖
Four Door Horse Bench Form (Sei Moon Cheung Kiu Dang) 四門長橋橈
Rope Dart Form (Fei Tuo) 飛鉞
Plum Blossom Three-Sectional Chain Whip (Mui Fa Sam Jit Bin) 梅花三節鞭
Golden Dragon Chain Whip (Gum Lung Yuan Bin) 金龍軟鞭
Taming Dragon Long Handle Two-Section Staff (Hong Lung Dai Sow Ji Gwun) 降龍大掃子棍
Plum Blossom Three-Section Staff Form (Mui Fa Sam Jit Gwun) 梅花三節棍
Coiling Dragon Three-Section Staff Form (Poon Lung Sam Jit Gwun) 蟠龍三節棍

Two Persons Combat Weapon Forms 兵器對拆:

Empty Hands vs. Double Daggers (Hung Sau Yup Seung Pei Sau) 空手入雙匕首
Single & Double-Ended Staff Two Man Form (Seung Gup Dahn Gwun Dwei Chuck) 雙夾單棍對拆
Eighteen Yin and Yang Staff Two Man Form (Sup Bot Yum Yeung Gwun Dwei Chuck) 十八陰陽棍對拆
Chau-Sot Staff vs Twining Dragon Staff (Chau-Sot Gwun Dwei Chuck Chin Lung Gwun) 抽掇棍對拆纏龍棍
Double-Ended Staff Two Man Form (Seung Tau Gwun Dwei Chuck) 雙頭棍對拆

Single-Ended Staff Two Man Form (Dahn Tau Gwun Dwei Chuck) 单頭棍對拆
Umbrella vs. Double-Ended Staff (Yu San Dwei Chuck Seung Tau Gwun) 雨傘對
拆双頭棍

Double-Ended Staff vs. Horse Bench (Seung Tau Gwun Dwei Chuck Kiu Dahng)
双頭棍對拆橋檣

Broadsword vs. Red Tassel Spear (Dahn Do Dwei Chuck Hung Ying Cheong) 单
刀對拆紅纓槍

Double Broadwords vs. Red Tassel Spear (Seung Do Dwei Chuck Hung Ying
Cheong) 双刀對拆紅纓槍

Red Tassel Spear vs. Red Tassel Spear (Hung Ying Cheong Dwei Chuck) 紅纓槍
對拆

Commander Sword vs. Monkey King Staff (Ji Fai Do Dwei Chuck Hang Jeh
Pang) 指揮刀對拆行者棒

Commander Sword vs. Broadsword (Ji Fai Do Dwei Chuck Dahn Do) 指揮刀對
拆单刀

Three-Section Staff vs. Red Tassel Spear (Sam Jit Gwun Dwei Chuck Hung Ying
Cheung) 三節棍對拆紅纓槍

Red Tassel Spear vs. Kwan-Do (Hung Ying Cheung Dwei Chuck Kwan-Do) 紅纓
槍對拆關刀

Double Broadwords vs. Horse Bench (Seung Do Dwei Chuck Kiu Dahng) 双刀
對拆橋檣

Double Broadwords vs. Nine-Ringed Long-Handled Broadsword (Seung Do
Dwei Chuck Gau Wan Do) 双刀對拆九環大刀

Seven Star Long-Handled Knife vs Rattan Shield and Broadsword (Chat Sing
Tiu Dwei Chuck Dahn Do Dip) 七星鉞對拆单刀碟

Rattan Shield and Broadsword vs. Trident (Dahn Do Tahn Pai Dip Dwei Chuck
Dai Pah) 单刀籐牌碟對拆大耙

Double Copper Cudgels vs. Trident (Seung Tung Gan Dwei Chuck Dai Pah) 双銅
鐺對拆大耙

Tiger's Head Shield and Broadsword vs. Kwan-Do (Dahn Do Fu Tau Pai Dwei
Chuck Kwan-Do) 单刀虎頭牌對拆關刀

Long-Handled Two-Section Staff vs. Rattan Shield and Tonfa (Dai So Ji Gwun

Dwei Chuck Tahng Pai Gwai) 大梢子棍對拆籐牌枋

Farmer's Hoe vs. Horse Bench (Chor Tau Dwei Chuck Cheung Kiu Dahng) 鋤頭對拆橋檣

Rattan Shield and Broadsword vs. Double-Ended Staff (Dahn Do Dip Dwei Chuck Seung Tau Gwun) 單刀碟對拆雙頭棍

Double Broadwords vs. Double Spear (Seung Do Dwei Chuck Seung Ying Cheung) 雙刀對拆雙英槍

Green Dragon Sword vs. Golden Dragon Sword (Ching Lung Gim Dwei Chuck Gum Lung Gim) 青龍劍對拆金龍劍

Green Dragon Sword vs. Chi Hung Double Sword (Ching Lung Gim Dwei Chuck Chi Hung Seung Gim) 青龍劍對拆雌雄雙劍

Dummy Forms 椿類:

[Wall Bag Form \(Cheung Bau Jong\)](#) 牆包椿

[Balanced Arm Dummy \(Ching Jong\)](#) 秤椿

[Sand Bag Apparatus \(Sah Bau Jong\)](#) 沙包椿

[Plum Blossom Staff Apparatus \(Moi Fah Gwun Jong\)](#) 梅花棍椿

[Spring Dummy \(Dahn Wong Jong\)](#) 彈鑛椿

[Three Star Knives Dummies \(Sam Sing Do Jong\)](#) 三星刀椿

[Three Star Hand Dummies \(Sam Sing Kuen Jong\)](#) 三星拳椿

[Small Plum Blossom Hand Apparatus \(Siu Moi Fah Kuen Jong\)](#) 小梅花拳椿

[Scatter Hand Dummy \(Sui Sau Jong\)](#) 碎手椿

[Horse Dummy \(Mah Jong\)](#) 馬椿

[Great Opening Door Dummy \(Dai Hoi Moon Jong\)](#) 大開門椿