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|  | **Martial arts forms (a set of movements packaged into a form)**  **Sil Nim Tao** ("*The Little Idea*"): Focuses on the fundamental hand techniques and moving on side of the body independently of the other as well as in tandem. |  |
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|  | **Chum Kui** ("*Sinking bridges*"): Learning how to absorb an opposing force by yielding to it (sinking).  Also it focuses on learning how to apply the rotary power from the hips in order to supplement the techniques from the previous form. |  |