



ALPHA TRAINER · HUNG GAR SERIES

LAM FAMILY HUNG GAR

COMBAT SESSION · FULL BREAKDOWN

Master Mike Marshall · Buck Sam Kong · Lam Family · Southern Shaolin

130–150 MIN

ADVANCED SESSION

ADVANCED VOLUME

total striking reps in one session

1,300+

TOTAL STRIKES

360

KICKS

680

COMBO REPS

160

HORSE STRIKES

124

BRIDGE WORK

09

STANCE HOLDS

01 QI GONG

5 min

- Stand, follow the breath 5 min

Belly breathing. Shoulders soft, jaw unclenched. This is the whole warm-up.

02 BODY OPENERS

3 min

- Ankle circles, both ways 30 sec
- Soft knee bends 30 sec
- Hip circles, both ways 45 sec
- Shoulder rolls + swings 45 sec
- Easy neck turns 30 sec

Small and slow. Lubricate the joints, do not stretch them.

03 STANCE TRAINING

~12 min

- Horse stance 90 sec
- Bow & arrow stance 90s/side
- Cat stance 90s/side
- Unicorn stance 90s/side

9 holds total. Sink, spine long, root through the feet. Shorten a hold before collapsing a knee.

04 FOOTWORK

8 min

- Forward and back 2 min
- Side to side 2min/way
- Mixed directions 2 min

Hands up, height never changes. Feet never cross.

05 HORSE STANCE STRIKES ~8 min

- Triple punch (h-b-g) 60
- Sun punch 25/side
- Water hand punch 25/side

110 strikes without leaving the stance. Power from the ground and hip, never the arm.

06 FIGHTING COMBINATIONS ~16 min

- Jab – Cross 15/side
- Jab – Cross – Hook 15/side
- Jab – Hook – Cross 15/side
- Double Jab – Cross 15/side
- Jab – Cross – Rear Hook 15/side
- Jab–Cross–Hook–Cross 15/side

2 rounds · 180 reps a round · 360 total. Orthodox then southpaw before moving on.

07 KICKS

~20 min

- Front kick 10/leg
- Side kick 10/leg
- Roundhouse 10/leg
- Spinning back kick 10/leg
- Crescent, in + out 10/leg
- Iron broom sweep 10/leg

3 rounds · 120 kicks a round · 360 total. Rest 60–90s between rounds.

08 PUNCH–KICK COMBINATIONS ~18 min

- Jab – Cross – Body RH 10/side
- Jab – Teep – Cross – RH 10/side
- Jab–Cross–Hook–Low R... 10/side
- Cross – Hook – Rear RH 10/side
- Jab – Front kick – Cross 10/side
- Double jab – Rear RH 10/side
- Hook – Cross – Rear RH 10/side
- Jab – Cross – Switch RH 10/side

2 rounds · 160 reps a round · 320 total. First three reps slow, then live speed.

09 BLOCKS + BRIDGING

~5 min

- Four Gates drill 60 total
- Short-bridge striking 12/side

15 reps through each gate. Soft until contact, then firm — block and strike in one beat.

10 LINKING COMBINATION 6 min

- 1 · Water hand deflect
- 2 · Sun punch, hip turns hard
- 3 · Crane beak
- 4 · Rear-leg front kick 20/side

One continuous piece, both sides. The last inch of one move starts the next.

11 FORMS

~15 min

- Steel Wire · Tid Sin 2–3 sets
- Gung Ji Fook Fu 3–5 sets

Internal work, not extra cardio. Stop a set the moment structure or breath falls apart.

12 TAI CHI CLOSE

10 min

- Hold the ball 3 min
- Slow side-to-side shift 4 min
- Stand still and close 3 min

Shake out 20s first. Move as little as possible — this is where the session gets stored.

— IF TIME IS SHORT

scaling

- Kicks – 2 rounds –120
- Hand combos – 1 round –180
- Punch–kick – 1 round –160
- Gung Ji – 3 sets –2 sets

Cut whole rounds, never the back half of a set. The close is never the thing you cut.

— SPLIT OPTION

2 days

- Day A · root + forms ~60 min
- Day B · kicks + combos ~75 min

If 130–150 minutes will not fit the week, split it rather than diluting the volume. Qi gong and the tai chi close run on both days.

NON-NEGOTIABLES

ROOT FIRST

Stances before striking. Structure before power.

BRIDGE, THEN HIT

Soft until contact, then firm. One beat, not two.

FINISH THE SET

Reps 15–20 set the pattern. Cut a whole round, never the back half of a set.

FINISH SOFT

The close stores the work. It is the last thing to cut, not the first.

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