

Grading Structure

White, Level 1 to earn a light blue Sash

Forms;

First part of Shil Lim Tao.

Foot work;

Neutral & Side Neutral stance left and right, half stepping.

Front stance, left and right, half stepping.

Full side step to left and right from a Side neutral stance.

Defence against;

Straight punch, round punch and front kick.

Techniques;

Defence against straight punch or grab.

Pac Sao punch from a front stance,

Larp Sao punch from Side neutral stance.

Defence against round punch.

Bil Sao punch from Side neutral and front stance.

Defence against front kick.

Gum Sao full side step.

Some techniques to be displayed on the wooden dummy

Drills;

Basic roll punching, numeric punching.

Basic palm striking, numeric palm striking.

Bil Sao front kick.

Self-defence;

Parallel wrist grabs, high and low. Cross arm high

Choke (basic)

Shoulder Grabs.