

# Grading structure

*Light Blue, Level 2 to earn a Medium Blue Sash*

## **Forms;**

*First and second part of Shil Lim Tao.*

## **Foot work;**

*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 and front stance.*

**Defence against;** *Straight punch, round punch, double round punch. Front kick and round kick.*

## **Techniques;**

**Defence against straight punch or grab.**

*Pac Sao punch from a front & Side neutral stance,*

*Larp Sao punch from Side neutral & front stance.*

**Defence against round punch.**

*Bil Sao punch from Side neutral and front stance.*

*Some techniques to be displayed on the wooden dummy*

**Defence against front kick.**

*Gum Sao Full Side step*

**Defence against round kick.**

*Double Larp Sao, Full side step*

## **Drills;**

*Basic roll punching, numeric punching and half stepping forward with strikes.*

*Basic palm striking, numeric palm striking and half stepping forward with strikes.*

*Bil Sao front kick.*

*Bil Sao round kick.*

## **Self-defence;**

*Parallel wrist grabs, high and low.*

*Cross arm wrist grabs, high and low.*

*Choke (basic).*

*Shoulder Grabs.*

## **Chi Sao drills,**

*Pac Sao chi sao*