

Grading Structure

Medium Blue, Level 3 to earn a Dark Blue Sash

Forms;

Complete 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 and front stance.

Full front & back steps

Techniques; Defence against straight punch, round punch, double round punch. Front, round and sidekicks. One step sparring.

Some techniques to be displayed on the wooden dummy.

Defence against straight punch or grab.

Pac Sao punch from a front & neutral stance

Larp Sao punch from neutral & front stance.

Defence against round punch.

Bil Sao punch from neutral and front stance,

Defence against front kick.

Gum Sao full Side step.

Defence against round kick.

Double Larp Sao, full side step,

Defence against side kick.

Half step back double Jut Sao,

Full back step come back in with your own kick to lead leg.

Defence against low round house kick.

Leg Checks,

Drills;

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

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

High low striking, Side neutral into front stance.

Bil Sao front, round & side kick. And in advancing patterns.

Self-defence;

Parallel wrist grabs, high and low.

Cross arm wrist grabs, high and low. Using basic arm bars.

Shirt front grab (choke)

Shoulder Grabs.

Side head locks.

Chi Sao's

Pac Sao chi sao drills & Larp Sao chi sao drills, with change over's.