

Grading Structure

Light Green Level 8 to earn a Dark Green Sash

Forms;

Advanced Shil Lim Tao.

Complete Chum Kill.

First part Bill Gee

Wooden Dummy 1 to 60, plus applications on an opponent.

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 neutral stance and front stance.

Full front & back steps. Switch Stance & Pendulum stepping.

Entry Techniques from front & side neutral, enter into cross arm & parallel arm.

Techniques; Defence against;

Straight punch, round punch, double round punch & Spinning back fist.

Front, round and sidekicks, spinning sidekicks.

Rear hand haymaker and rear hand straight.

One step sparring & Random sparring.

Multiple opponents

Add-ons for Techniques; Lead leg sweeps, rear leg sweeps & arm or wrist locks to neck manipulation. Elbow and Bil Gee strikes

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, round & side kick. And in advancing patterns. High low striking.

High- low Kicking & Inverted sidekick. Break falls. Falls.

Self-defence;

Parallel wrist grabs, high and low. Cross arm wrist grabs, high and low.

Shirt front grab, Shoulder Grabs.

Side head locks & rear head locks, Bear Hug.

Chi Sao's

Bon Sao Larp Sao, with foot work & 2 change overs.

Parallel Arm single with 2 change over's.

Cross Arm, with 3 attacks :- Pac Sao, Larp Sao & Huen Sao and 3 counters.

Random

2 arm 8 Step & basic and advanced attacks. Random.

Combining all Chi Sao's to blend techniques together.