

# Grading Structure

Dark Green Level 9 to earn a BLACK Sash

## Anything and Everything.

**Forms;** Advanced Shil Lim Tao.  
Complete Chum Kill.  
Complete Bill Gee 5 parts.  
Wooden Dummy 1 to 108, 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 Side neutral stance and front stance.  
Full front & back steps, Switch Stance & Pendulum stepping.  
Entry Techniques, side neutral, enter into cross arm & parallel arm, and attacks.

**Techniques; Defence against**  
Straight punch, round punch, double round punch & Spinning back fist.  
Front, round, sidekicks & spinning Side Kick.  
Rear hand haymaker and rear hand straight.  
One step sparring & Random sparring.  
Multiple opponents.  
Stick & Knife attack.

**Add-on 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.  
High low striking, neutral into front stance. High- low Kicking.  
Bil Sao front, round & side kick. And in advancing patterns. Falls.

**Self-defence;**  
Parallel wrist grabs, high and low.  
Cross arm wrist grabs, high and low. Using arm bars.  
Shirt front grab, Shoulder Grabs.  
Side head locks and rear. 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 & all attacks. Random.  
Combining all Chi Sao's to blend techniques.