

# Grading Structure

## *Light Brown Level 5 to earn a Medium Brown Sash*

**Forms;** *Advanced Shil Lim Tao.  
First Part Chum Kill.  
Wooden Dummy 1 to 10, 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 side neutral, enter into cross arm & parallel arm.*

**Techniques; Defence against** *straight punch, round punch, double round punch. Front, round and sidekicks. Rear hand haymaker and rear hand straight. One step sparring & Random sparring.*

### *In addition to all Blue sash Techniques*

*Some techniques to be displayed on the wooden dummy.*

**Defence against straight punch or grab.**

*Garn Sao Tarn Sao combination's including switch scooping garn  
Pac Sao Chuen Sao from Side neutral & front stance, switch stance, and sweep  
Bil Sao front stance,  
Tarn Sao punch from a Side neutral stance,  
Pac, high bon techniques*

**Defence against round punches.** *Bon sao, high bon. bil sao, side palm, sweep*

**Defence against front kick.** *Catch and Split*

**Defence against round kick.** *Garn tarn, stop kick, stomp*

**Defence against side kick.** *Side step Gum or low bon sao.*

**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, 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 arm bars.  
Shirt front grab (choke).  
Shoulder Grabs. Side head locks. Bear Hug.*

**Chi Sao's** *Pac Sao chi sao drills & Larp Sao chi sao drills, with change over's.  
Bon Sao Larp Sao, with foot work & 1 change over  
Parallel Arm single with 2 change over's.  
Cross Arm, with 3 attacks :- Pac Sao, Larp Sao & Huen Sao  
2 arm 8 Step.*