

Teach Me Kung Fu Schools

Little Dragons Grade 2 (LDG2)

Yellow Stripe Counter grabs

Forms

Star Block Set

1st Hand Shapes exercise

Chi Sau

Wedge

Disrupting Wedge

Tan Sau Pak Sau exercise

Applications

Counter grabs from:

1. Wrist
2. Elbow
3. Neck
4. Ankles

Grabby game

Lat Sau

Lat Sau 1 random straight attacks

Lat Sau 2 (conditioned) grabs

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