

Teach Me Kung Fu Schools

Little Dragons Grade 3 (LDG3)

Orange Stripe

Counter round attacks

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Dan Chi Sau following

Tan Sau Pak Sau exercise

Man Sau Wu Sau exercise

Applications

Counter round punches with V-Step, Fook Sau, Punch

Counter round kicks with Bong Gerk or Yap Gerk

Lat Sau

Lat Sau 1 random straight attacks and round attacks

Lat Sau 2 grabs

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