

# Teach Me Kung Fu Schools

Little Dragons Grade 4 (LDG4)

Red Stripe

Nuk Sau

## Forms

Siu Nim Tao

1st Hand Shapes exercise

## Chi Sau

Dan Chi Sau Leading

Tan Sau Pak Sau exercise

## Applications

Nuk Sau Roll

Nuk Sau v's boxing attacks and counters

## Lat Sau

Lat Sau 1 random straight attacks & round attacks continuous

Lat Sau 2 (conditioned) grabs

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