

# Teach Me Kung Fu Schools

## Little Dragons Grade 5 (LDG5)

### Green Stripe

### Kicks and Counter Kicks

#### Forms

Star Block Set

1st Hand Shapes exercise

#### Chi Sau

Wedge

Disrupting Wedge

Tan Sau Pak Sau exercise

#### Applications

Counter straight punch with a step out (foot straight) & Lan Sau, deliver round kick to the stomach

Counter straight punch with a toe turn, Pak Sau and round kick to the outside of the opponents leg, step in with kicking leg to contact opponents leg and Cheung Sau

2nd Chi-Gerk Section

Bong Gerk and Yap Gerk counter round kicks

#### Lat Sau

Lat Sau 1 random straight attacks & round attacks continuous

Lat Sau 2 (conditioned) grabs

Lat Sau 3 Counter kicks

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