

# Teach Me Kung Fu Schools

## Little Dragons Grade 6 (LDG6)

### Blue Stripe Counter Push Pull

#### Forms

Siu Nim tao

1st Hand Shapes exercise

#### Chi Sau

Dan Chi Sau with changes

Poon Sau Roll

#### Applications

Counter pull from right hand to right hand using a V-Step Tan and Punch repeat on left.

Counter double hand push from the front, hands go forward, get pressed to a double Tan sau then double Ching Cheung Sau to the chest with a step forward.

As above with a harder push so LD steps back with a drop step to the middle line

Hair or shoulders pull from behind, step down the centreline with an elbow to the solar plexus or stomach, punch over shoulder, turn the left foot in then the right foot out

Cross push to the shoulder, shift, Pak Sau, Dai Cheung Sau

#### Lat Sau

Lat Sau 1 random straight attacks & round attacks continuous

Lat Sau 2 (conditioned) grabs & push, pull

Lat Sau 3 Counter kicks

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