

Teach Me Kung Fu Schools

Little Dragons Grade 7 (LDG7) Brown Stripe Counter Throws

Forms

Siu Nim tao

1st Hand Shapes exercise

Chi Sau

Poon Sau Roll with basic attacks and counters

Applications

Counter hip throw with wrist grab and arm around waist, with a Voon Sau, Lap and circling step in front of opponents leg, Cheung Sau to the head

Counter hip throw with wrist and lapel grab with a Voon Sau and Lan Sau on the opponents back

Counter hip throw from the side by turning to Meridian Stance and arrow stepping forward followed by a 4 sweep and step through

Lat Sau

Lat Sau 1 random straight attacks & round attacks continuous

Lat Sau 2 Counter grabs, push/pull, throws

Lat Sau 3 Counter kicks

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