

# Teach Me Kung Fu Schools

Little Dragons Grade 8 (LDG8)  
Black Stripe  
Lat Sau and Gor Sau

## Forms

Slu Nim Tao  
1st Hand Shapes exercise

## Chi Sau

Poon Sau Roll  
Attacking and Counter Attacking from the Poon Sau Roll  
Gor Sau blindfolded

## Applications

1st Flexible Combination  
Lat Sau (not from roll)

## Lat Sau

Lat Sau 1 random straight attacks & round attacks continuous  
Lat Sau 2 grabs, push/pull, throws  
Lat Sau 3 Counter kicks  
Lat Sau 4 No restrictions/conditions

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