

Teach Me Kung Fu Schools®

1st Student Grade (SG1)

Forms

Siu Nim Tao

1st Hand Shapes exercise

1st Footwork exercise

Chi Sau

Wedge

Disrupting wedge

Man Sau, Wu Sau roll

Tan and Pak drill

Pushing back on fists

Applications

Distance management

Crosshairs, 5 key techniques

Shift, half moon kick & Pak Sau, step through and punch

1st flexible combination

Counter Sweeps inside and out

Lat Sau

Pak and punch attack and defence

Change to other side

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