

# Teach Me Kung Fu Schools®

## 10th Student Grade (SG10)

### Forms

Siu Nim Tao

1<sup>st</sup> & 2nd Hand Shapes exercise

1<sup>st</sup> & 2nd Footwork exercise

Chum Kiu

### Chi Sau

1<sup>st</sup> Chum Kiu Chi Sau Section

Jut Sau Cheun Sau

Thrusting punches with three pressures

Kuo Sau Sparring

### Applications

From the ground with the attacker standing up:

Pushing legs from inside to out, switch legs to counter

Leg pushed from the outside, leg follows as the attacker tries to come round to the side, takedown as the attacker comes back to the front

Ankle grabs, rotate to inside or out and kick the arm off

From attacker between the knees, attacker punches, counter with a Lap to the side and move to a side position, Knee to the ribs, kick down with above heel, kick out either the leg or arm and kick to the body to remove the attacker

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## 10th Student Grade (SG10) Cont'd

### Applications

From a full mount with the hands held down to the chest, press the arms past the head and as soon as the attackers hips lift buck and roll

From an arm bar, turn the heads towards the attackers head push the legs over the head, run round to the side and gain side knee control

From side head lock, press the head away, place the leg over the attacker head and roll up to standing, keeping the attackers hand on the hip

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