

Teach Me Kung Fu Schools®

11th Student Grade (SG11)

Forms

Siu Nim Tao

1st & 2nd Hand Shapes exercise

1st & 2nd Footwork exercise

Chum Kiu

Chi Sau

1st Chum Kiu Chi Sau Section

Jut Sau Cheun Sau

Thrusting punches with three pressures

Kuo Sau Sparring

Applications

1st Flexible Combination, Tan and punch, Huen and Dai Cheung, Tan and punch, lifting punch to body, lifting punch to head

2nd Flexible Combination, Tan and punch down outside line, as rear leg comes in Pi Jarn to body, rotate round to Pi Jarn kidneys, rotate round again to drop Pi Jarn into the chest and finish with a Fak Sau

3rd Flexible Combination Run in as hands are raised down the outside line and circle step in with a punch, if interrupted Gwat, shift through and punch, if interrupted soft Pak and Ching Cheung in and down to solar plexis, Kau Sau and lifting punch, Jut and Pi Jarn

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11th Student Grade (SG11) Cont'd

Applications

4th Flexible Combination, Front hand gets pressed down to Bong Sau, other hand goes forward to replace and gets pressed to Pak Sau, pressure from the Pak Sau bring the feet together, Bong turns to Tan, step forwards with outside leg and deliver a lifting punch to the head

10 traps:

- 1, Lap and punch, Lap to trap and punch
- 2, Pak and punch, Kau and Dai Cheung
- 3, Pak and punch, Tan and punch
- 4, Pak and punch, punch to body, Tan and punch
- 5, Lap and punch, punch underneath with same hand then back to head
- 6, Inside Pak and punch trap to elbows and punch
- 7, Inside Pak and punch, thrusting punch up inside, arrow punch to throat
- 8, Inside Pak and punch, Mun up on the inside
- 9, Gwai Jarn and punch
- 10, Pak and Fak, Pak and Fak