

# Teach Me Kung Fu Schools®

## 12th Student Grade (SG12)

### 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

Crossed Cheung Sau, Kau Sau Dan Chi Sau

Gor Sau

### Applications

Lat Sau entries:

1, lap and punch

2, Pak and punch

3, From hands low, bridge with a sidling Tan and punch

4, From hands high, hit with a high Guan and Cheung

5, Both hands up in front, double Tok, double Jut, double low punches, double Cheung

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## 12th Student Grade (SG12) Cont'd

Flexible combinations:

1 to 4 with interruptions

### Lat Sau

From roll Counter random attacks from each range

Without roll Counter random attacks from each range



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