

# Teach Me Kung Fu Schools®

## 2<sup>nd</sup> Student Grade (SG2)

### Forms

Siu Nim Tao

1<sup>st</sup> Hand Shapes exercise

1<sup>st</sup> Footwork exercise

### Chi Sau

Dan Chi Sau

Dan Chi Sau with steps, attacking and following

### Applications

V-Step, Fook Sau & Punch to counter round punch or back fist

Bong Gerk or Yap Gerk to counter round kicks

Diagonal step forwards with Kum Lan Sauto deliver round kick to abdomen, step behind to takedown

Toe turn and Pak Sau to deliver round kick, step through with soft Pak Sau and Ching Cheung Sau

### Lat Sau

Defending round Punches

Defending round Kicks