

Teach Me Kung Fu Schools®

3rd Student Grade (SG3)

Forms

Siu Nim Tao

1st Hand Shapes exercise

1st Footwork exercise

Chi Sau

Dan Chi Sau with steps, attacking and following

Crossed Dan Chi Sau 1

Applications

Nuk Sau roll

Nuk Sau countering boxing punches

Lat Sau

Soft Pak and low punch

Build up Nuk Sau

Inside Pak Sau, punch

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