

Teach Me Kung Fu Schools®

4th Student Grade (SG4)

Forms

Siu Nim Tao

1st & 2nd Hand Shapes exercises

1st & 2nd Footwork exercises

Chi Sau

Poon Sau Roll broken down with Ching Cheung Sau

Poon Sau Roll

3 levels, Tan, Pak and Bong exercise

Applications

2nd Flexible Combination

Counter wrist grabs from being pinned to wall

From straight punch, step off and forward to deliver low Pi Jarn, with same arm hit with vertical elbow to spine, follow up with another vertical elbow

Lat Sau

Elbow Lat Sau roll

Counter clinch

Elbow Lat Sau roll with Wu Sau pinned

Knees & counter knees