

Teach Me Kung Fu Schools®

5th Student Grade (SG5)

Forms

Siu Nim Tao

1st & 2nd Hand Shapes exercise

1st & 2nd Footwork exercise

Chum Kiu

Chi Sau

Basic attacks

Straight punch to attack Tan Sau

Backfist to press Fook Sau to Bong Sau

Kau Sau the Bong Sau and hit with type 2 punch

Huen Sau the Tan Sau and hit with type 2 punch

Applications

Counter leg takedown by withdrawing the front leg, Gwat Sau to Lau Sau and Dai Cheung Sau

Counter leg takedown from contact by stepping back and rotating to I.R.A.S

From both wrists being grabbed and push to double Kau Sau and step to outside line, turn to I.R.A.S and come over with elbow to Fak Sau

Counter waist grab with either a Bong Sau or Pak Sau

Counter inside Lap and neck grab with Man Sau, Wu Sau

Counter grabs from the wrist and elbow, single and double

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5th Student Grade (SG5) Cont'd

Applications

Counter waist grab with Kau Sau, rear circling step & 3 punches

Counter headlock from the side with strike or press with the hand coming round the back into the head and strike the ribs with the other hand

Counter rear choke, grab the trouser leg, circle leg behind, hit through gap with elbow and strike to head

Counter bear hug with arms held by lifting elbows straight up whilst bending knees, lift right elbow (for eg), grab their right wrist with left hand and go under arm, controlling the arm up behind their back. Also Crossed Tan Sau variation

Counter bear hug without arms held by pulling the elbow on the same side and punching over your shoulder, switch hands and elbow to face

Counter arm pull using a Zig Zag step Tan Sau and Punch

Counter push from arms down, if to one shoulder use revolving door concept to Pak Sau and Dai Cheung Sau. If to both shoulders, drop step to middle line if necessary, double Tan Sau to Ching Cheung Sau

Counter push from different guards

Lat Sau

Double hand control into various wrestling attacks

Counter Sweeps