

Teach Me Kung Fu Schools®

6th Student Grade (SG6)

Forms

Siu Nim Tao

1st & 2nd Hand Shapes exercise

1st & 2nd Footwork exercise

Chum Kiu

Chi Sau

1st Chum Kiu Chi Sau Section

Jut Sau Cheun Sau

Applications

Counter hip throws from

1. Arm round waist, other hand on wrist
2. Hand on wrist, other hand on lapel or under upper
3. Side position stepping behind

Counter Locks, arm bar defended by rotating the elbow down
attacker goes into a goose neck, defend with a Man Sau cutting
across

If your elbow on the goose neck is on the opponents arm, Pak Sau
your own arm

If your arm is on the other side of the attackers, step round to the
side of the attacker, Gum Sau and Tut Sau

Lat Sau

Lap to arm bar into any goose neck with counters