

Teach Me Kung Fu Schools®

7th Student Grade (SG7)

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

Thrusting punches with three pressures

Applications

Counter round kick with either Bong Gerk or Yap Gerk

Counter lifting kick with Half Moon kick to Gum Gerk

Attack supporting leg with Thrusting kick

Counter Straight Punch by 1, shifting to Sidling and delivering Half

Moon kick, Pak, Step through and Punch

2, Zig Zag Step, Tan and Punch

3, Step out and to the side with a Kum Lan Sau and deliver a round kick to the mid section, bring the kicking leg round and heel Kick to the back of the knee, put the ball of the foot down in line with the other foot and stamp the heel down whilst delivering a strike with the upper arm

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Applications

4, Toe turn in and deliver a round kick to the thigh, follow in with a Pak, Punch (optional Knee) and Ching Cheung

As a leg comes up thrusting Kick to attacking leg then supporting leg

Counter Sweeps

Chi Gerk

Chi Gerk 2

Lat Gerk, from legs moving from side to side, use Kicks and counters

Lat Sau

Defending Round Kicks from the attacker pushing themselves out of range

Defending Lifting Kicks and kicks to the rear leg with Bong Gerk

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