

Teach Me Kung Fu Schools®

8th Student Grade (SG8)

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

Kuo Sau 1

Kuo Sau 2

Kuo Sau 3

Applications

Counter round punch with Biu and Cross Step to outside whilst performing a Biu with the other arm

Cross Steps forwards and backwards to keep one person between you and other attackers

Lat Sau

Medley attacks and counters