

# Teach Me Kung Fu Schools®

9th Student Grade (SG9)

## Forms

Siu Nim Tao

1<sup>st</sup> & 2nd Hand Shapes exercise

1<sup>st</sup> & 2nd Footwork exercise

Chum Kiu

## Chi Sau

1<sup>st</sup> Chum Kiu Chi Sau Section

Jut Sau Cheun Sau

Thrusting punches with three pressures

Kuo Sau 1

Kuo Sau 2

Kuo Sau 3

Kuo Sau 4

Kuo Sau 5

Kuo Sau 6

## Applications

Counter forehand strike with V-Step, Fak Sau, Fook Sau

Counter backhand strike with V-Step, double Fook Sau, Little finger on the stick, peel and push

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## 9th Student Grade (SG9) Cont'd

### Applications

Counter baseball bat with 8<sup>th</sup> step, Bong Sau, Wu Sau, rotate Bong to Fook, lift the elbow, go round both arms with other arm to Tan Sau, Gum Sau from Fook Sau and jumping punch

Counter downward strike with a cross step behind and Mun Sau, when stepping forward hit with low Fak Sau to mid section and Cheung to throat

Counter slash by knife with the back of the hand going forward and pin to hip, punch to make the attacker longer and takedown

Counter stab with a Gwat Sau and punch as you step out and behind the attacker to a takedown

### Lat Sau

Draw knife from a concealed position

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