

# Teach Me Kung Fu Schools

1st Juniors/Youth Grade (JG1/YG1)

**White Sash**

**Counter straight attacks**

## **Forms**

Siu Nim Tao

1st Hand Shapes exercise

## **Chi Sau**

Wedge

Disrupting Wedge

## **Applications**

Distance management

Arrow steps and punches

Crosshairs, 5 key techniques

Thrusting Kick with Arrow Punches

## **Lat Sau**

Lat Sau 1 random straight attack

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