

# Teach Me Kung Fu Schools

10th Juniors/Youth Grade (JG10/YG10)

Brown Sash  
Ground Work

## Forms

Siu Nim Tao

Chum Kiu

1st Hand Shapes exercise

## Chi Sau

Poon Sau Roll basic attacks

Gor Sau

1st Chum Kiu Chi Sau Section pt1

## Applications

From the ground with the attacker standing up:

Pushing legs from inside to out, switch legs to counter

Leg pushed from the outside, leg follows as the attacker tries to come round to the side, takedown as the attacker comes back to the front

Ankle grabs, rotate to inside or out and kick the arm off

From attacker between the knees, attacker punches, counter with a Lap to the side and move to a side position, Knee to the ribs, kick down with above heel, kick out either the leg or arm and kick to the body to remove the attacker

From a full mount with the hands held down to the chest, press the arms past the head and as soon as the attackers hips lift buck and roll

From an arm bar, turn the heads towards the attackers head push the legs over the head, run round to the side and gain side knee control

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(Continued)

From side head lock, press the head away, place the leg over the attacker head and roll up to standing, keeping the attackers hand on the hip

## Lat Sau

Lat Sau 1 Random straight attacks, round attacks, Interrupted attacks, Lat Sau entries, Lat Sau 2 Knees and elbows, push/pull attacks, counter locks and throws and counter wrestling

Lat Sau 3 Kicks and counter kicks, ground work



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