

**Teach Me Kung Fu Schools**  
**11th Juniors/Youth Grade (JG11/YG11)**  
**Black with Brown Stripe Sash**  
**Flexible Combinations**

**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**

1<sup>st</sup> Flexible Combination, Tan and punch, Huen and Dai Cheung, Tan and punch, lifting punch to body, lifting punch to head

2<sup>nd</sup> Flexible Combination, Tan and punch down outside line, as rear leg comes in Pi Jarn to body, rotate round to Pi Jarn kidneys, rotate round again to drop Pi Jarn into the chest and finish with a Fak Sau

3<sup>rd</sup> Flexible Combination Run in as hands are raised down the outside line and circle step in with a punch, if interrupted Gwat, shift through and punch, if interrupted soft Pak and Ching Cheung in and down to solar plexus, Kau Sau and lifting punch, Jut and Pi Jarn

4<sup>th</sup> Flexible Combination, Front hand gets pressed down to Bong Sau, other hand goes forward to replace and gets pressed to Pak Sau, pressure from the Pak Sau bring the feet together, Bong turns to Tan, step forwards with outside leg and deliver a lifting punch to the head

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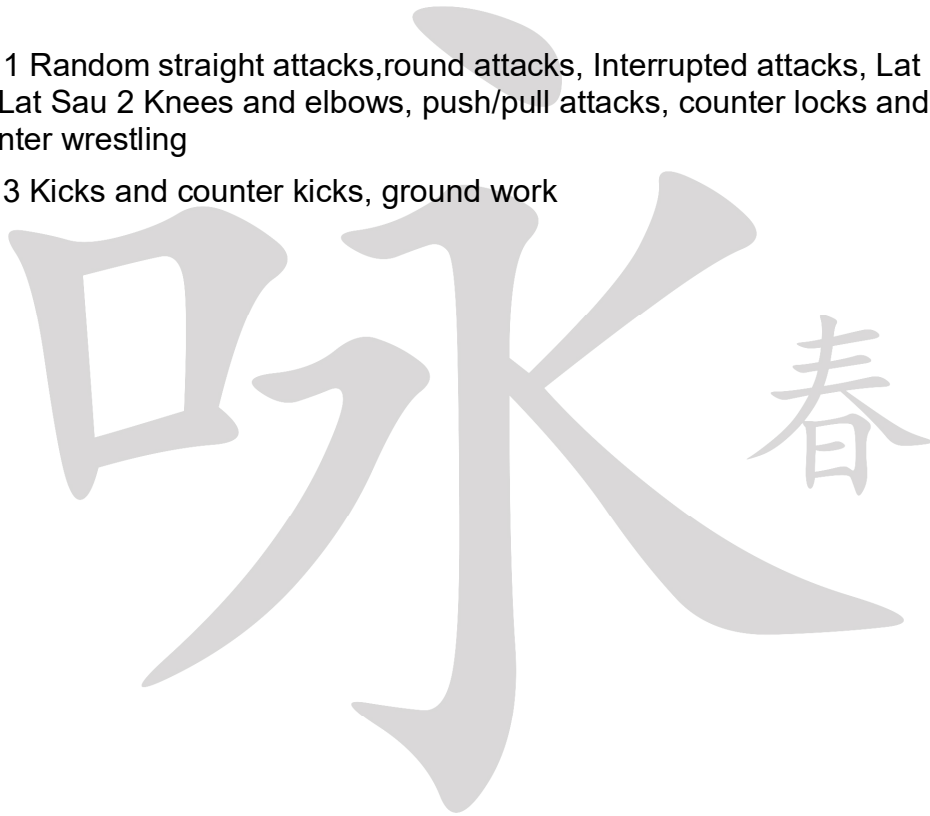
**Flexible Combinations**

**(Continued)**

## 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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