

Teach Me Kung Fu Schools

2nd Juniors/Youth Grade (JG2/YG2)

Yellow Sash

Counter round attacks

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Dan Chi Sau

Applications

Counter round punches with a V-Step, Tan Sau and Punch

Counter round Kicks using a Bong Gerk or Yap Gerk

Counter a straight punch with a diagonal step forwards and Kum Lan Sau, bring other leg into the opponent's mid section

Counter straight attack with a toe turn, Pak Sau and round kick to the opponents leg, keep leg contact and Cheung Sau as you advance in

Lat Sau

Lat Sau 1 random straight attacks and round attacks

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