

# Teach Me Kung Fu Schools

**3rd Juniors/Youth Grade (JG3/YG3)**

**Red with a Yellow Stripe Sash**

**Nuk Sau**

## **Forms**

Siu Nim Tao

1st Hand Shapes exercise

## **Chi Sau**

Dan Chi Sau with changes

## **Applications**

Nuk Sau Roll

Nuk Sau Roll countering boxers attacks

## **Lat Sau**

Lat Sau 1 random straight attacks, round attacks and interrupted attacks

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