

Teach Me Kung Fu Schools

4th Juniors/Youth Grade (JG4/YG4)

Red Sash

Counter straight attacks

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Dan Chi Sau with changes and steps

Poon Sau roll with changes

Applications

Lat Sau entries listed from left lead, also to be performed with a right lead

1. Lap and punch=Opponents lead hand on the outside
2. Pak/Gum Sau punch=Opponents lead= hand on the inside
3. Bridge both arms with a Sideling Tan sau and punch=Both opponents hands in a low guard, right lead
4. High Guan Sau and Cheung Sau=Opponents guard higher than normal
5. Double Tok Sau, Double Jut sau, Double Horizontal Low Punch, double Horizontal Cheung Sau to jaw=Opponents guard neutral, both arms up neither hand forward

Lat Sau

Lat Sau 1 random straight attacks, round attacks, Nuk Sau, instigate using Lat Sau entries

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