

Teach Me Kung Fu Schools

5th Juniors/Youth Grade (JG5/YG5)

Green with Red Stripe Sash
Knees and Elbows

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Poon Sau Roll basic attacks

Applications

Blitz Defence 5

Flexible Combination 2

Clinch:

1. Delivering Knees
2. Elbow combinations
3. Defending knees with elbows, Knees, Gum Sau and jumping punch
4. Defending elbows
5. Chien Kiu defence
6. Going from defending elbow to half clinch
7. Defending half clinch

Lat Sau

Lat Sau 1 random straight attacks, round attacks, Interrupted attacks, Lat Sau entries and Knees and elbows