

Teach Me Kung Fu Schools

6th Juniors/Youth Grade (JG6/YG6)

Green Sash

Kicks, Counter Kicks & Chi-Gerk

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Poon Sau Roll basic attacks

Chi Gerk

Chi Gerk 2

Leg swing Chi Gerk exercise

Applications

Thrusting Kick, step through and Arrow Punch

Bong Sau, Wu Sau, Side Kick

Half moon Kick, Tan Sau & Punch

Defending round kicks with Bong Gerk or Yap Gerk

Defending straight punches with a step forwards and to the side, Kum Lan Sau, Round Kick to the stomach, bring leg round behind opponents, stamp the heel down, delivering Lan Sau

Defend straight attack with Pak Sau, turn heel in, deliver round kick to leg, step in and punch

Lat Sau

Lat Sau 1 random straight attacks, round attacks, Interrupted attacks, Lat Sau entries, Lat Sau 2 Knees and elbows

Lat Sau 3 kicks and counter kicks