

Teach Me Kung Fu Schools

7th Juniors/Youth Grade (JG7/YG7)

Blue with Green Stripe Sash
Counter Push/Pull

Forms

Siu Nim Tao

1st Hand Shapes exercise

Chi Sau

Poon Sau Roll basic attacks

Gor Sau

Applications

Counter push from the front with double Fook Sau, Double Ching Cheng Sau

Counter right grab to right wrist and pull with Zig Zag Step, Tan Sau, Punch

As above with left

Diagonal push to shoulder with both arms down, Shoulder Bong, Dai Cheng Sau

Pull from behind, step down the middle with elbow strike, punch over shoulder, turn & Arrow Punch

Push from behind, step forward, rotate front foot then rear foot

Lat Sau

Lat Sau 1 Random straight attacks, round attacks, Interrupted attacks, Lat Sau entries, Lat Sau 2 Knees and elbows, push/pull attacks

Lat Sau 3 Kicks and counter kicks

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