

# Teach Me Kung Fu Schools

## 8th Juniors/Youth Grade (JG8/YG8)

### Blue Sash

### Counter Locks and Throws

#### Forms

Siu Nim Tao

1st Hand Shapes exercise

#### Chi Sau

Poon Sau Roll basic attacks

Gor Sau

#### Applications

Counter hip throws

1. From wrist and waist, Voon Sau and Ching Cheng with other hand, keeping leg behind opponents
2. From wrist and lapel/under arm, Lan Sau to back
3. From the side, turn to Meridian Stance, step through, sweep and step

Counter Locks

1. Arm Bar, rotate elbow joint, Tan Sau, Punch
2. Goose Neck, Man Sau across elbow line
3. Goose Neck with elbow on top, Pak Sau own elbow
4. Goose Neck with elbow past opponents arm, turn with force, Gum Sau, Tut Sau

#### Lat Sau

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

Lat Sau 3 Kicks and counter kicks