

Level 2 – Blue/White Belt

Tip Test

Strikes

1. Basic punch from: a) neutral stance; b) front stance
2. a) front step 1,2,1; b) front step 1,2,3
3. Elbow Strikes: downward diagonal
4. Rear front kick on shield
5. Rear low round kick on shield
6. Knee strike (solo)

Blocks/Footwork/Movement

1. Pak sau
2. Bil sau
3. Gum sau
4. Larp sau
5. Front step
6. Back step
7. Position 1 – 2 (with partner) avoid jab/cross
8. Breakfall: a) back; b) side

Techniques

1. Defence against jab (toe-to-toe): pak sau punch, cutstep 1,2,1
2. Defence against round punch: bil sau, straight punch double elbows
3. Defence against front kick off rear leg (cross stance): gum sau, cut step 1,2,1
4. Defence against zombie attack: overhand fut sau, counter with backfist or hammer fist 1,2,1
5. (Trapping Hands) Attack sequence 1: pak sau punch
6. Defence against cross arm wrist grab: larp sau, open cut, palm strike (their) elbow, 2,1,2
7. Reaping sweep
8. Escape mount
9. Upper figure 4 from mount

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Belt Test

Forms

1. Sil Lum Tao: first section

Strikes

1. Front step 1,2,1 on mits
2. Front step 1,2,3 on mits
3. Front step 1,2,3,4 on mits
4. Front step 1,2,elbow,elbow on mits
5. Lead front kick, 1,2,3 on Thai pads
6. Rear front kick, 1,2,3 on Thai pads
7. Rear low round kick 1,2,1 on Thai pads
8. Knee strike on Thai pads

Blocks/Footwork/Movement

1. Pak sau – punch
2. Bil sau – punch
3. Larp sau – punch
4. Gum Sau
5. Garn sau
6. Side step
7. Switch step
8. Weave (with partner) avoid hooks

Techniques

1. Defence against a jab (cross stance): larp sau, 2,1,2
2. Defence against double round punch: bil sau punch, weave, 2,3,2
3. Defence against lead front kick: garn sau, low round 1,2,3
4. Front choke application against a round punch
5. (Trapping Hands) Attack sequence 2: larp sau punch
6. Defence against parallel arm wrist grab
7. Defence against under arm wrist grab
8. Hand pummelling
9. Breakfall: forward roll
10. Hip throw
11. Escape side control
12. Forearm choke from side control