

## Level 3 – Blue Belt

### Tip Test

#### Strikes

1. Front step 1,2,3,4,5 (on mitts)
2. Front step 1,2,3,4,5,6 (on mitts)
3. Front step 1,2,3,elbow,elbow (on mitts)
4. Side kick on shield
5. Round kick on shield

#### Blocks/Footwork/Movement

1. Pak sau to larp sau
2. Pak sau to bil sau
3. Pak sau to tan sau
4. Gum sau to mid bon sau
5. Garn sau to larp sau
6. Radius drills: a) half cut; b) open cut
7. Partner drill: Slip (opponent's 1), slip (opp's 2), weave right (under opp's 3), 2,3,2
8. Partner drill: Slip (opp's 2), slip (opp's 1), weave left (under opp's 4), 3,2,3
9. Bicep pummelling

#### Techniques

1. Defend against a jab, cross (toe-to-toe): pak sau, larp sau, 2,1,2
2. Defend jab and round punch off lead (toe-to-toe): pak sau, bil sau 2, elbow, elbow
3. Defend rear leg front kick (toe-to-toe): garn sau, 1,2,1
4. Defend side kick (cross stance): gum sau (on the inside) 1,2,3
5. (Trapping Hands) Attack sequence 3: pak sau – punch, larp sau – back fist
6. Defend double wrist grab (from above)
7. Inside reaping sweep
8. Pass closed guard
9. Lapel choke from closed guard

## Level 3 – Blue Belt

### Belt Test

#### Strikes

1. 1,2,3,4,5,6,7,8 (on mitts)
2. 1,2,3,4,5,6,elbow,elbow (on mitts)
3. (Lead) Front kick – side kick rebounder
4. (Lead) Front kick, (rear) low round kick combo

#### Blocks/Footwork/Movement

1. Pak sau to larp sau, 2,1,2
2. Pak sau to bil sau, 1,elbow,elbow
3. Pak sau to tan sau, 2,1,2
4. Gum sau to mid-bon sau, 2,1,2
5. Wu sau to high bon, elbow,elbow
6. Garn sau to larp sau, 2,1,2
7. Half cut, (lead) front kick, 1,2,1
8. Open cut, (lead) front kick 1,2,1
9. Partner drill: slip (their) 1,2, weave under 3, (counter) low round kick

#### Chi Sau

1. Bon sau/larp Sau drill
2. Parallel arm chi sau
3. Chest pummelling

#### Techniques

1. Defend against double round punch (from opposite sides): double bil sau, elbow,elbow, collar tie, knee,knee
2. Defend against a rip and a hook (from same side): wu sau, high bon sau, 6,3,2
3. Defend against side kick (cross stance): garn sau, low round kick, 1,2,3
4. Defend under-arm wrist grab
5. (Trapping Hands) Attack sequence 4: Huen sau, brachial stun
6. Arm drags
7. Spin takedown
8. Escape side-back control
9. Apply clock choke from back-side control