

## Level 4 – Blue Brown Belt

### Tip Test

#### Strikes

1. a) 1,2,1; b) 1,2,3; c) 1,2,3,4; d) 1,2,3,4,5,6 (on heavy bag)
2. Lead front kick, a) 1,2,1 b) 1,2,3 (on heavy bag)
3. Side kick (on heavy bag)
4. Round kick (on heavy bag)

#### Blocks/Footwork/Movement

1. Blocking flow-drill (against 4 punches: 1,2,3,4)
2. Front step
3. Back step
4. Side step
5. Radius drill with partner

#### Chi Sau

1. Bon sau / larp sau drill
2. Parallel arm chi sau
3. Neck pummeling: swim through counter

#### Techniques

1. Defend against jab and round punch (from opp. sides): pak sau, bil sau, 2, elbow
2. Defend against rip and hook (from same side): wu sau, high bon sau, 6,3
3. Defend against front kick spinning back fist: gum sau, double tan sau, side palm strike, 1,2,1
4. Defend against mid-section round kick: tan sau and gum sau, 1,2,1
5. Defend against single arm choke from behind: spinning elbows, back kick
6. (Trapping hands) attack sequence 3: high fake, low palm strike
7. Pendulum takedown to knee ride
8. Escape knee ride

## Level 4 – Blue Brown Belt

### **Belt Test**

#### **Forms**

1. Sil Lum Tao – Complete

#### **Strikes**

2. 10 punch count on mitts
3. Side kick a) 1,2,1; b) 1,2,3; c) 1,2,3,4 on heavy bag
4. Round kick a) 1,2,1; b) 1,2,3; c) 1,2,3,4 on heavy bag

#### **Blocks/Footwork/Movement**

1. Revision of all blocks
2. Revision of all footwork
3. Revision of all head movement drills

#### **Chi Sau**

1. Bon sau, larp sau drill
2. Parallel arm chi sau
3. Cross arm chi sau drill

#### **Techniques**

1. Defense against jab, cross: pak sau, larp sau, front kick 2,1,2
2. Defense against jab cross and lead leg front kick: pak sau, inside tan sau to garn sau 2,1,2
3. Defense against mid-section round kick: capture and sweep to ankle lock
4. Defense against front choke: pick up and dump or tip over
5. (Trapping hands) attack sequence 4: fake low, high backfist
6. Revision of all takedowns (from level 2, 3 and 4-tip)
7. Revision of all ground positions (from level 2, 3 and 4-tip)