

Level 5 – Brown Belt

Tip Test

Strikes

1. Long set on mitts
2. Front kick, low side kick (advancing)
3. Front kick low round kick (advancing)
4. Front/side kick rebounder to spin side kick (shields)

Blocks/Footwork/Movement

1. Box defense drill (pak,pak, inside tan,inside tan, high bon,high bon, wu sau,wu sau)
2. Kan sau
3. Wrestlers lunge

Chi Sau

1. Collar tie: neck pummel, under over
2. Double arm chi sau: basic roll / basic drill

Techniques

1. Straight punch (Iarp sau front kick low side kick)
2. Straight punch (pak chuen front kick/low side)
3. Straight punch (Iarp front kick rebounder side kick)
4. Straight punch (pak shuen etc)
5. (Trapping Hands) attack sequence 5: back fist, side kick
6. Standing headlock escape (step behind grab legs tip)
7. Back sweep
8. Counter back sweep (Boston crab)

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Full Test

Forms

1. Sil Lum Tao – Complete
2. Chum Kil – First Section

Strikes

1. 2,4,2 drill
2. Front kick, low round switch back oblique kick 1,2,1
3. Front kick, mid-round switch back side kick 1,2,3

Blocks/Footwork/Movement

1. Blocking flow drill (against 1,2,3,4), front kick, low round kick counter
2. Pak chuen
3. Gruen sau (rolling block)
4. Shin box drill
5. Duck under, go behind

Chi sau

1. Double arm chi sau larp sau technique to Russian tie both sides
2. Collar tie: neck pummel: over under

Techniques

1. Straight punch (larp – front kick, low round kick)
2. Straight punch (pak cheun, front kick, low round kick)
3. Straight punch (larp – front kick spin side kick)
4. Straight punch (pak cheun, front kick spin side kick)
5. (Trapping Hands) attack sequence 6: double bil jee sau, low round
6. Bear hug (step behind, grab legs)
7. Low ankle shoot
8. Escape back control
9. Back control to rear naked choke