

Level 7 Black Red Characters

Tip Test

Strikes

1. Palm strike combo with partner
2. Finger strike combo with partner
3. Eagle strike combo with partner
4. Front kick, low round, switch back, double knee, 5,6, 3,2

Chi Sau

1. Collar tie: shuck, duck under, go behind, spin takedown
2. Collar tie: shuck, duck under, go behind, back control, ashi garmi takedown

Trapping Hands

1. Huen sau to brachial stun (forearm strike), inside reaping sweep
2. Huen sau to brachial stun (forearm strike), head-arm trap and choke
3. Huen sau to brachial stun (forearm strike), arm trap and choke
4. Huen sau to brachial stun (forearm strike), snap down, front choke

Techniques

1. Hurricane takedown to side control
2. Front sweep from closed guard (opponent attempts standing pass) go to mount
3. Dismount opponent (after front sweep technique applied to you), finish in closed guard

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Belt Test

Forms

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

Strikes

1. Revision: a) 1,2,1; b) 1,2,3; c) 1,2,5,2; d) 1,2,5,2,3; c) set 2-4-2 with weave
2. Revision: a) front kick; b) side kick; c) round kick; d) spin side kick; e) crescent kick; f) spin crescent kick

Blocks/Footwork/Movement

1. Full revision

Trapping Hands

1. Defence: larp sau punch – fut sau inside
2. Defence: larp sau punch – fut sau outside
3. Attack: huen sau, figure 4 hooking sweep
4. Attack: pak sau , punch (opponent grabs wrist), roll bon sau, swim through, inside reaping sweep

Techniques

1. Knife attack: straight
2. Knife attack: circular
3. Knife attack: overhead
4. Tornado takedown to lower figure 4
5. Defend triangle
6. Apply triange from spider guard

Wooden Dummy

1. Sets 1-4: 40 movements