



## *Level 1 – White Belt*

### White Belt 1st Stripe

Courtesy:	Left fist, Right palm, together and bow
Stance:	Ready & Neutral
Guard:	Wing Chun
Footwork:	Front Step
Blocks:	Pak Sau
Strikes:	Basic Punch
Technique:	Defence against straight punch (Pak Sau, Punch)
Self Defence:	Stranger approach, yell: "You're not my mother/you're not my father! Leave me alone!" run to safety (ie known adult in the room)

### White Belt 2nd Stripe

Stance:	Orthodox & South Paw
Guard:	Boxing (and switch between guards)
Footwork:	Side Step
Blocks:	Bil Sau
Strikes:	Front Kick off Rear Leg
Technique:	Defence against round punch (Bil Sau, Punch)
Self Defence:	Cross Arm Wrist Grab
Ground Game:	Hip Escape



## Level 2 – Orange Belt

Orange Belt: Complete Re-Test of Level 1 Stripes

### Orange Belt 1st Stripe

Footwork:	Switch Step
Blocks:	Gum Sau
Strikes:	Jab, Cross
Strikes:	Front Kick off Lead
Technique:	Defence against front kick off rear leg (Gum Sau, Punch)
Forms:	Sil Lum Tao - First Section

### Orange Belt 2nd Stripe

Footwork:	Half-Cut Step
Blocks:	Larp Sau
Strikes:	Hook, Uppercut
Technique:	Defence against straight punch (Larp Sau, Front Kick off lead)
Self Defence:	Parallel Arm Wrist Grab
Ground Game:	Top Control Drill
Forms:	Sil Lum Tao - First Section



## Level 3 – Green Belt

Green Belt: Complete Re-Test of Level 2 Stripes

### Green Belt 2nd Stripe

Footwork:	Full Cut Step
Blocks:	Garn Sau
Strikes:	Side Kick
Technique:	Defence against side kick (Garn Sau, Punch)
Self Defence:	Under Arm Wrist Grab
Takedown:	Osoto Gari/Reaping Sweep
Forms:	Sil Lum Tao - to Second Pak Sau

### Green Belt 2nd Stripe

Footwork:	Entry Technique
Blocks:	Bon Sau
Strikes:	Round Kick
Technique:	Defence against straight punch off lead (toe-to-toe) (Bon Sau, Punch)
Technique:	Defence against side kick (Garn Sau, Low Round Kick)
Self Defence:	Zombie Attack
Clinch:	Wrist Pummelling
Takedown:	Hip Throw
Ground Game:	Side Control
Forms:	Sil Lum Tao - to Second Pak Sau



# Level 4 – Blue Belt

Blue Belt: Complete Re-Test of Level 3 Stripes

## Blue Belt 1st Stripe

Guard:	Visor Guard
Footwork:	Shin Box Get-Up
Blocks:	Pak Sau to Bil Sau
Strikes:	Elbow Strikes
Strikes:	Front Kick off Lead to Low Round Kick
Technique:	Defence against straight punch and round punch off opposite sides (Pak Sau, Bil Sau, Punch or Elbow)
Technique:	Defence against straight punch (Larp Sau, Front Kick, Low Round Kick)
Clinch:	Chest Pummelling
Takedown:	Low Ankle Shoot
Forms:	Sil Lum Tao - Complete

## Blue Belt 2nd Stripe

Blocks:	Pak Sau to Larp Sau
Strikes:	Triple Punch Double Elbow
Strikes:	Side Kick to Spin Side Kick
Technique:	Defence against straight punch opposite sides (Pak Sau, Larp Sau, Punch or Front Kick)
Technique:	Defence against side kick (Garn Sau, Low Round Kick, Triple Punch, Elbow)
Clinch:	Collar Tie and Bicep Tie Pummelling
Ground Game:	Guard Pass Drill
Forms:	Sil Lum Tao – Complete



# Level 5 – Junior Black Belt

Complete Re-Test of all levels.