

Level 4 – Blue Belt First Stripe

Footwork:

- L Step

Blocks:

- Kan Sau (Split Block)

Strikes:

- Elbows
- Front Kick “Rebounder”
- High Round Kick (Lead and Rear)

Techniques:

- Slip and counter drill
- Hip throw

Chi Sau:

- Parallel arm chi sau
- Arm drags – gun slinger drill

Strike Combinations:

- Double jab, overhand, rip
- Side kick, jab, cross, hook