

Level 4 – Blue Belt Second Stripe

Footwork:

- Wrestler's Lunge

Blocks:

- Grun Sau (Rolling Block)

Strikes:

- Ground and Pound
- Side Kick "Rebounder"
- Round Kick "Rebounder"

Techniques:

- Defence against a rip and hook from same side/hand: wu sau, high bon sau
- Defence against side kick: garn sau, low round kick

Chi Sau:

- Cross arm chi sau

Strikes combinations:

- Crescent kick, low round kick, jab, cross, jab
- Low round kick off lead leg, uppercut off rear hand, hook off lead hand, cross