

Level 5 – Junior Black Belt

Re-test of all levels (chosen at random)

Forms:

- Sil Lum Tao – Complete Solo/Leading
- Chum Kil First Section – can follow correct order

Strikes:

- Spinning Side Kick
- Spinning Hook Kick
- Spinning Crescent Kick
- Change-up (aka Question Mark Kick)

Trapping Hands:

- Attack Sequence 2: with trap and pin

Strike combinations:

- The “long set”: 1, 2, 3, 6, 3, 2, weave, weave, 5, 2, 3