

Level 1 – White Belt – Second Stripe

Discipline:

- Tie your belt

Stance:

- Orthodox (left lead)
- Southpaw (right lead)

Guard:

- Boxing
- Visor

Footwork:

- Side Step
- Switch Step

Blocks:

- Bil Sau
- Garn Sau

Strikes:

- Jab (from Boxing Guard)
- Cross (from Boxing Guard)
- Hooks – left and right (from Boxing Guard)
- Rear Front Kick

Techniques:

- Defence against round punch (“long” hook): Bil Sau, Punch
- Defence against front kick: Garn Sau, Punch

Self Defence:

- Defence against Cross Arm Wrist Grab: side step, Larp Sau, Pak Sau at elbow, triple punch/run away
- Break Fall: to the side

Striking Combinations:

- 3, 2, rear front kick
- 4, 1, rear front kick