

Level 2 – Orange Belt

Re-test on White Belt 1st and 2nd Stripes (chosen at random)

Forms:

- Sil Lum Tao to first section – can follow correct order
- Feet gripping floor
- Core engaged
- Legs and arms strong

Guard:

- Wing Chun, Boxing, Visor (close in/back out drill)

Trapping Hands:

- Attack Sequence 1: Pak Sau – Punch

Strike Combinations:

- 1-1, 2
- 1, 2, 3, 2

Ground Game:

- Maintain side control on Kick Shield