

## Level 2 Orange Belt 1<sup>st</sup> Stripe

### Discipline:

- 60 seconds still and silent

### Footwork:

- ½ Cut Step
- Shin-box Get-up

### Blocks:

- Wu Sau
- Larp Sau

### Strikes:

- Lead Rip
- Lead Uppercut
- Lead Low-round Kick

### Technique:

- Slipping drill: slip right/left, against opponent's jab/cross
- Reaping sweep

### Self Defence:

- Defend against Zombie attack: fut sau technique (paint the rainbow)
- Forward roll

### Strike Combination:

- Front step, triple punch (Wing Chun Vertical punches)
- Front step, jab, cross, hook