

Level 2 Orange Belt – Second Stripe

Footwork:

- Fade
- Open Cut Step

Blocks:

- Leg Check
- High Bon Sau

Strikes:

- Rear Rip
- Rear Uppercut
- Rear Low-round Kick

Technique:

- Defence against Jab, Cross: Pak-Larp, punch
- Defence against double round punch: Bil sau, weave, punch

Self defence:

- Defence against parallel arm wrist grab: Sil Lum Tao defence
- Defence against under arm wrist grab: double Jut sau (also from Sil Lum)

Strikes Combination:

- Front kick, jab, cross, jab on kick shield
- Low round kick from rear leg, jab, cross, jab on kick shield