

Level 3 Green Belt

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

Forms:

- Sil Lum Tao to second section – can follow correct order
- Low Horse-riding Stance
- Cat Stance

Blocks:

- Bon Sau
- Pak – Punch
- Gum – Punch
- Bil – Punch
- Garn – Punch
- Larp – Punch
- Wu – Punch

Strikes:

- Jab, front kick off rear, jab, hook off rear hand
- Hook, back step, front kick off lead leg, cross, jab
- Mid-round Kick – Lead and Rear

Trapping Hands:

- Attack Sequence 2: Larp Sau – Punch

Ground game:

- Hip escape against shield/from side control