

Level 3 Green Belt Second Stripe

Footwork:

- Entry Technique

Blocks:

- Garn – Larp
- Pak – Chuen

Strikes:

- Crescent Kick
- Jab (emphasise “no tell”)
- Cross (emphasise “no tell”)
- Left Hook (emphasise “no tell”)
- Right Hook (emphasise “no tell”)

Techniques:

- Defence against jab and round punch from the same side: pak-bil -cross, double elbow
- Defence against side kick: double gum sau, jab, cross, hook

Chi Sau:

- Bon Sau/Larp Sau drill
- Bon/Larp grip defence to two-on-one

Strike Combinations:

- Jab, cross, half-cut, lead front kick
- Jab, cross, open-cut, lead front kick