

Level 4 – Blue Belt

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

Forms:

- Sil Lum Tao complete – can follow correct order
- Opening and Closing Sequence punctuated
- Landing on ball of foot when moving forward
- Structured Entry Technique – leg check, bil sau, shoot forward (not jump up)

Footwork:

- Technical Get-up

Strikes:

- Hook Kick
- Axe Kick

Trapping Hands:

Attack Sequence 1: with trap and pin

Strike Combinations:

- Jab, cross, jab, side kick
- Double hook, double uppercut, double knee