



THEORY

Define: The Centrelines

1st Centreline

2nd Centreline

3rd Centreline

4th Centreline

5th Centreline

FORM: Siu Nim Tao

Part 2: Section 4

Part 3 (first part): Section 5

CHI SAU

oX Core Pressure

Crushing Pressure

Crossing Centre

Retreat

Slide Off/Release

LAT SAU

Gau Cha Sau Roll

Crushing Pressure

Swing

Low Straight Punch

Side Change / Triangular Footwork

SELF DEFENCE

All three grades train the same Self Defence rotation together, but focus on different sub-areas within it when it comes to the grading itself. *You will only train and be graded on the current rotation.*

Rotation 1, Grabs:

Double [] Grab: from Broken Range

Double Low [] Grab: from Contact

Throat or Shirt Grab

Rotation 2, Ambushes:

Pummelled with Release

Rotation 3, Confrontations:Reactive, from Broken Range:
vs Open Guard and PunchReactive, from Broken Range:
vs Compact Guard and PunchReactive, from Broken Range:
vs Long/Side Guard and Punch