

Second Year (Levels 4 and 5)

|                              | <b><u>Second Year (Levels 4 / 5)</u></b>   |   |  |
|------------------------------|--|---|--|
|                              | <b><u>Course 201</u></b>   | <b><u>Course 202</u></b>  | <b><u>Course 203</u></b>   |
| <b>Form</b>                  | Wooden Dummy 1 <sup>st</sup> Section   | Chum Kil 1 <sup>st</sup> Section  | Wooden Dummy 2 <sup>nd</sup> Section   |
| <b>Basics</b>                | Pak sao cheun sao<br>Double lop sao  | Pak sao gon sao<br>Pak sao ton sao  | Low bon sao<br>High bon sao  |
| <b>Striking</b>              | Same side kicks:<br>High front to high round<br>High front to high side<br>High front to high hook<br>Punch combos 1 & 2 | Advancing pattern kicks:<br>High front to high round<br>High front to high side<br>High front to high hook<br>Punch combo 3 | Same side kicks:<br>Low to high round<br>Low to high side<br>Low to high hook<br>Punch combo 4 |
| <b>Stance Drill</b>          | T-step: side neutral   | Exchange step: side neutral   | Exchange step: forward stance  |
| <b>Combat / Self Defense</b> | Front kick<br>Shirt grab and punch   | Side kick<br>Rear grab and punch  | Round kick<br>Rear double pull   |
| <b>Entry Technique</b>       | Pseudo entry   | N/A   | Two cross arm techniques   |
| <b>Dissolves</b>             | N/A  | Basic   | -  |
| <b>Chi Sao</b>               | Single arm 1<br>Double arm roll  | Cross arm predetermined<br>Cross arm 1-8  | Bon sao lop sao drill 2<br>Three lop sao kicks   |
| <b>Weapons</b>               | Forward horizontal swing   | Reverse horizontal swing  | N/A  |