

Third Year (Levels 5 and 6)

|                              | <b><u>Third Year (Levels 5 / 6)</u></b>  |  |  |
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|                              | <b><u>Course 301</u></b>   | <b><u>Course 302</u></b>   | <b><u>Course 303</u></b>   |
| <b>Form</b>                  | Chum Kil 2 <sup>nd</sup> Section   | Wooden Dummy 3 <sup>rd</sup> Section   | Chum Kil 3 <sup>rd</sup> Section   |
| <b>Striking</b>              | Advancing pattern kicks:<br>Low to high round<br>Low to high side<br>Low to high hook<br>Punch combo 1-3 at random | Same side kicks:<br>High to low round<br>High to low side<br>High to low hook<br>Punch combo 4-5 at random | Advancing pattern kicks:<br>High to low round<br>High to low side<br>High to low hook<br>Punch combo 1-5 at random |
| <b>Combat / Self Defense</b> | Spinning back fist<br>Single / double front choke<br>-   | Spinning back kick<br>Single / double rear choke<br>-  | Low straight punch<br>Low round punch<br>Single / double choke at wall   |
| <b>Entry Technique</b>       | N/A  | Two parallel slips   | N/A  |
| <b>Dissolves</b>             | Intermediate   | N/A  | Advanced   |
| <b>Chi Sao</b>               | Double arm predetermined<br>Double arm 1-4   | Parallel arm predetermined<br>Parallel arm 1-8   | Bon sao lop sao drill 1 & 3<br>Bon sao lop sao traps   |
| <b>Weapons</b>               | Forward horizontal slash   | Reverse horizontal slash   | Knife thrust   |