

4th Grade



Basics

Improved Basic Techniques



Patterns

Left and Right Four-directional punch

8th Grade pattern

7th Grade pattern

6th Grade pattern

5th Grade pattern

4th Grade pattern



Self-defence

Handshakes & Wrist grabs - single (6)

Double arm Wrist grabs

Chest/Lapel grabs

Throat grabs (front & behind)

Hair grabs (2) & Ground – side mount (2)

Bear Hug (front & back)

Full Nelson

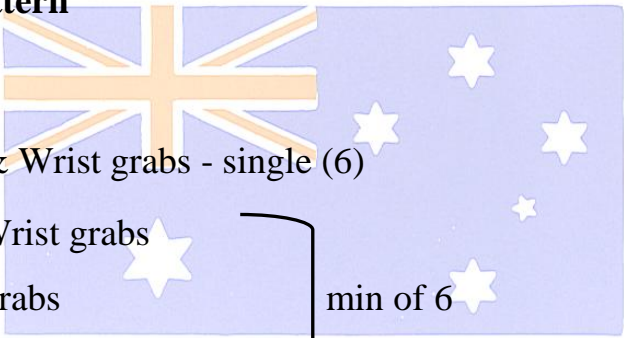
Armlock

Ground (2)

Knife

Headlock (2)

Knee to head defence



min of 6

min of 4

South East Australia.



Sparing

One-step sparing (13 movements)

Free sparing

One-step semi

Two-step semi