

7th Grade



Basics

Improved Basic Techniques



Patterns

Left and Right Four-directional punch

8th Grade pattern

7th Grade pattern



Self-defence

Handshakes & Wrist grabs - single (6)

Double arm Wrist grabs

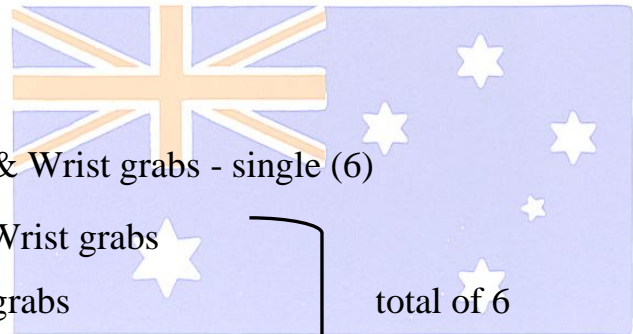
Chest/Lapel grabs

Throat grabs (front & behind)

Hair grabs (2)

Ground – side mount (2)

South-East Australia.



total of 6



Sparing

One-step sparing (13 movements)

Free sparing