

8th Grade



Basics

Improved Basic Techniques



Patterns

Left and Right Four-directional punch
8th Grade pattern



Self-defence

Handshakes & Wrist grabs - single (6)

Double arm Wrist grabs

Chest/Lapel grabs

Throat grabs (front & behind)

total of 6

Throughout
South-East Australia.



Sparing

One-step sparing (first 9 movements)

