

Bart Jam Dao Level Assessment

Basic (Solo) Training

- Turning Die Bongs
- Turning Kup Jarns (Equal energy forwards and backwards)
- Mun Sau's
- Varying turning techniques, changing between Garns, Kwuns, Bongs etc.
- Stepping forwards and backwards in Sarm Bok Mar
- Stepping forwards and backwards in Heun Mar

Partner Training

- Straight punch attack – Defending with: Stepping round using Po Pie
- Straight punch attack – Defending with: Mun Sau, Lap, Gum, Kup Jarn
- Straight punch attack – Defending with: Stepping round, Tan & Palm, Front kick to the knee at ninety-degrees
- Straight punch attack – Defending with: Bong, Lap, Fak Sau, (If the Fak Sau is blocked), follow with a Palm strike through the centre (Side stepping with the Palm strike if necessary)
- Straight punch attack – Defending with: Inside Pak, cover then Fak Sau (Pak Sau and Fak Sau are from the same hand)
- Straight punch attack – Defending with: Inside Pak, Fak Sau (Pak Sau and Fak Sau are from separate hands, used at the same time)
- Straight punch attack (for safety, keep your arms tense) – Defending with – Inside Pak & Outside Pak together (Take extra care with this technique!)

Siu Lim Tau Complete

Chum Kiu Complete

Muk Yan Jong Fat (advanced)

Bart Jam Dao Complete

Biu Mar

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Jum, Tan, Jut, Biu, Low Garn, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Bong, Tan, Jut, Biu, Tok Sau
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Bong Lap Palm, Inside Gum, Inside Tan & Punch
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Garn, Tan, Double Lap, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Pak, Biu, Jut, Tan, Lap & Palm
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Biu, Pak, Double Lap, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Biu, Double Lap, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Biu, Jut, Biu, Jum

Dan Chi Sau

- Dan Chi Sau, Lap Sau (Combined)
- Lap Sau exercise (With Cheun Mar)
- Poon Sau and changes
- Gor Sau
- Chi Gerk
- Grapple Chi Sau
- Free flow - Level 4, against two opponents (Defending against straight, cross, hook and upper-cut punches, as well as elbow strikes and kicks)
- Fifty Chain Punches with speed
- Fifty Straight Palm strikes with speed
- Fifty Biu's with speed