

Biu Gee and Luk Deem Boon Kwon Level Assessment

Basic (Solo) Training

- A few minutes demonstration of varying turning techniques, changing between Garns, Kwuns, Bongs etc. and also a selection of the different types of stepping with an explanation of what each move is called, what that means and briefly where it gets its name.

Partner Training

- Straight punch attack – Defending with: Pak and Front Kick to the knee (Do not step out)
- Straight punch attack – Defending with: Double Lap and Front Kick to the shin (Do not step out)
- Straight punch attack – Defending with: Turning Pak, Biu, Punch (All one move)
- A strong punch attack – Defending with: Kwun, Lap, Fak Sau (If the Fak Sau is blocked), follow with Lap, Gum and Punch
- Straight punch attack – Defending with: Contact, Double Lap & Heun Mar, Palm strike to the groin
- Straight punch attack – Defending with: Mun Sau (Passed the head), Jeng Sau (To the neck)
- Taking down a boxing guard using: Inside Gum, Outside Gum, Fak Sau
- A cross punch attack – Defending with: Bong, Lap, Fak Sau, (If the Fak Sau is blocked), follow with Double Lap, Front Kick to the shin

Siu Lim Tau (single leg)

Chum Kiu Complete

Muk Yan Jong Fat advanced form

Bart Jam Dao

Biu Gee

Luk Deem Boon Kwon

Biu Mar

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Pak/Lap/Palm (All one move and on every strike)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Garn, Biu, Jut, Double Lap, Tan
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Pak/Biu (One move), Jum, Tan/Punch (One move)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Jut, Biu, Jeng, Tan, Tan/Punch (Change on last Tan Sau)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Kwun, Pak/Biu (One move), Jum
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Garn, Biu, Double Lap, Tan, Double Lap
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar - Pak, Biu, Jum, Kau Sau, Bong Sau

Dan Chi Sau

- Dan Chi Sau, Lap Sau (Combined)
- Lap Sau exercise (Cheun Mar)
- Poon Sau and changes
- Gor Sau
- Chi Gerk
- Grapple Chi Sau
- Free flow - Level 4, against three 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