

Chum Kiu Level Assessment

Basic (Solo) Training

- Turning Punches
- Turning Wan Jern (Side palms)
- Turning Tan & Punch
- Turning Bong Sau (With Wu Sau)
- Turning Double Pie Jarns
- Double Kicks from Yee Gee Kim Yuen Mar
- Biu Mar with punches, kicks & double kicks, also including ninety-degree angles
- Stepping forwards and backwards in Heun Mar

Partner Training

- Straight punch attack – Defending with: Bong, Lap, Fak Sau (if the Fak Sau is blocked), follow with Pak, Fak Sau
- Straight punch attack – Defending with: Jum Sau, Lap, Wan Jern
- Upper cut to the body – Defend using Low Garn & punch (Aggressive Garn)
- Straight punch attack – Defending with: Contact, Double Lap, palm strike to face (Wan Jern)
- You will step in with a straight punch attack: Your partner will defend by gaining a contact then execute a Double Lap, Your task is to then counter the Double Lap with Lan Sau
- Straight punch attack – Defending with: Contact, double lap, Side Kick the back leg
- Straight punch attack – Defending with: Bong Chor Sau, if Bong is pushed, drop back into a passive Lan Sau
- Straight punch attack – Defending with: Stopping Kick with guard
- Front Kick attack – Defend by turning Gum Sau and Front Kick to the knee

- Pak Sau Drills with varying counter attacks depending on initial defence used, these should include:
 - If Pak jammed using wrist energy – Lap Sau & Palm
 - If Pak jammed using elbow energy – second Pak and Punch
 - If Pak jammed using elbow structure and lineage – Double Lap

Siu Lim Tau Complete

Chum Kiu Complete

Biu Mar

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Biu, Jum
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Garn, Tan, Lap & Palm (Wan Jern)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Lap & Wan Jern (all as one move and on every strike)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Tan, Jut, Biu, Jum
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Biu, Jum, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Low Garn, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Tan, Double Lap
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Biu, Jum, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Bong, Tan, Tok Sau

Dan Chi Sau

- Dan Chi Sau, Lap Sau (Combined) at speed
- Lap Sau exercise, (Cheun Mar) multiple changes being used
- Poon Sau and changes with energy
- Gor Sau showing good use of footwork
- Chi Gerk
- Free flow - Level 3 (Defending against straight, cross, hook and upper-cut punches, either as singles or combination attacks)
- Fifty Chain Punches with speed
- Fifty Straight Palm strikes with speed