

Muk Yan Jong Fat Level Assessment

Basic (Solo) Training

- Biu's: singles, threes and fives
- Turning Biu's
- Turning Biu & punch
- Garn Sau's,
- Kwun Sau's

Partner Training

- Straight punch attack – Defending with: Bong, Lap, Fak Sau, (if the Fak Sau is blocked), follow with Lap, Gum & Punch
- Straight punch attack – Defending with: Bong, Biu, Lap, Pak, Gwoi Jarn
- Straight punch attack – Defending with: Stepping out with a Mun Sau, follow up with Sidekick to the hip
- Straight punch attack – Defending with: Stepping around and in, using Po Pie with Biu Mar (Looking for fluidity)
- Straight punch attack – Defending with: Tan & Palm (Wan Jern), using Biu Mar to move around and push your opponent away, then follow through with a Front Kick to the mid section
- Straight punch attack – Defending with: Tok Sau, Stopping Kick
- Front Kick attack – Defending with: Turning Gum, following with Punches
- Roundhouse Kick attack – Defending with: Garn Sau & Front Kick to the back leg

Siu Lim Tau Complete

Chum Kiu Complete

Muk Yan Jong Fat (To be shown in both its basic and advanced format)

Biu Mar

- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Biu, Jum, Tan, Gum, Biu
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Biu, Jut, Biu, Jum, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Inside Pak, Inside Tan, Kau Sau & Palm
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Biu, Tan & Punch
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Garn, Tan, Gum, Tan, Pak
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak, Tan, Low Garn, Tan, Jut, Biu, Jum
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Pak/Cover/Punch (All one move and on every strike)
- Attacking using Biu Mar with punches – Defending using Sarm Bok Mar – Die Bong, Tan, Bong, Biu, Jum, Tan, Gum

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 1 opponent (Defending against straight, cross, hook and upper-cut punches, as well as elbow strikes and kicks)
- Also Free flow - Level 3 (Defending against straight, cross, hook and upper-cut punches, either as singles or combination attacks) but against 2 opponents
- Fifty Chain Punches with speed
- Fifty Straight Palm strikes with speed
- Fifty Biu's with speed