



Youth-Adult SG12 Transition Overview

FORM		
Student Grade 9:	Student Grade 10:	Student Grade 11:
Cham Kiu 1	Cham Kiu 2, 3, 4	Cham Kiu Applications: 1 per section

CHI SAU		
Student Grade 9:	Student Grade 10:	Student Grade 11:
Focus: Attacking	Focus: Defending	Focus: Counter-Attacking

SELF DEFENCE		
Rotation 1: Locks, Controls & Takedowns	Rotation 2: Weapons Awareness	Rotation 3: Multiple Assailants
SG9: 8 Controls / Takedowns SG10: Adapting to Resistance SG11: 1 minute Control Flow	Unarmed vs : — Stick — Knife	Strategies against attackers in both Line & Circle: — Gain the Outside — Use a Shield — Use a Hostage — Minimum Force — Maximum Force
Options include: - X Half Nelson - Pressing & Dropping Arm Bars - Head Hook Arm Bar - Clothes Line - Side Guillotine - Side Bar Choke - Elephant - Package - Rear Triangle Choke/Rear Guillotine - Rear Bar Choke - Twisting Spine Compression - Dropping Spine Compression - Pile Driver - Inside Figure 4	Long Range Defence: Stick vs — Stick — Knife	Added situations: — Grabbed — Protection — Partner — Ground Escape
	Improvised Weapon vs : - Stick - Knife	
	Unarmed vs Knife Combos: - Grab and Stab Defence — Shield and Stab Defence	

THEORY	
Rotation 1: Locks, Controls & Takedowns	Discuss the following three areas in relation to the current Lat Sau Rotation: — Environmental and Situational Considerations — Strategic Positioning and Movement — Aftermath: Physical and Mental Wellbeing Legal Implications
Rotation 2: Weapons Awareness	
Rotation 3: Multiple Assailants	

Grade 12 Pressure Test	6 minutes
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