

Student-Grade Program 2 (S.G.2):

- Form: SNT complete (parts 1 thru 8)
First Leg Form: 3 and 4
- Attacks: Hands: "Chain punch fight" (punches to defend punches, all 8 angles and positions);
Legs: front thrust kick ("tan-gerk" kick) and "bong gerk" kick, side-thrust kick;
- Defenses: Add: gum sao, bong sao, kau sao, jum sao, jut sao, "Universal Solution"
- Leg Defenses: Pak gerk, gum gerk, huen gerk, kau gerk, "Universal Solution"
- Footwork: Crab step, Chum Kiu step, free pursuing steps; Leg Form
- Chi Sao: (The only "chi sao" in Program 2 is the chi gerk drill in Lat Sao 2)

Lat Sao 2: (The hand program in Lat Sao 2 deals with low punches)

- Leg program for Lat Sao 2 (Leg Switch):
 - o A kicks with rear leg, D defends with man gerk and sets down to kick with rear leg right away;
 - o A keeps his kicking leg up and poses bong gerk against D's counter kick;
 - o Both now set down forward, thus having switched sides.

- Simple Chi-Gerk for Lat Sao 2:
 - o A sweeps D's front leg, D yields and both end up "swinging" (sweeping) their front legs back and forth (this is balance training! Try this while continuing to perform continuous pak-da drill);
 - o A performs huen gerk to get on D's outdoor side and both keep "swinging"
 - o D performs kau gerk to go back to the inside position;
 - o A does huen gerk to tan gerk and steps in with "yap gerk" attack to D's rear leg;
 - o A does kau gerk/pak-gerk/groin kick/bong gerk (hooks standing leg from behind)/pak gerk again, and knee to stomach.

- Hand program for Lat Sao 2:
 - o A punches high to D's face;
 - o D's pak hand slips under A's elbow and pushes him back, follow up with low punch to floating ribs (this is NOT simultaneous yet!);
 - o A defends by stepping back with gaun-da to gum-da;
 - o D steps offline and counters with pak-da
 - o Both return to continuous pak-da drill;
 - o Switch sides in hand program by "punching under" opponent's punch with your own pak sau hand; opponent defends this with jut-da and Chum Kiu step (keep elbows down!)
 - o "Chain punch fight" applied in Lat Sao at any time (8 possible variations)

Theory: 5 phases of combat;
Wing Tsun history from Yip-Man to Kernspecht to Sifu Simon;
The "4 Principles"; Know all "hand" names in SNT.