Training Plan

Name:

Level: Phase III

From: To:

Monday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (1,000)
4	Chi-dan-sau (20 minutes)
5	All previous drills from Siu-Nim-Tau
6	Siu-Nim-Tau Section 1 (1)
7	Chum-Kiu Section 1 (1)
8	

Tuesday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (1,000)
4	Chi-sheung-sau (15 minutes)
5	Chi-sau Section 1 Attack and Def (10 min.)
6	Lap-sau Drill (10 min.)
7	Lap-sau Section 1 Attack and Def (10 min.)
8	

Wednesday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (1,000)
4	Chi-dan-sau (15 minutes)
5	Include steps with Chi-dan-sau (10 minutes)
6	Siu-Nim-Tau Section 1 (1)
7	Chum-Kiu Section 1 (1)
8	

Thursday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (1,000)
4	Chi-sheung-sau (15 minutes)
5	Chi-sheung-sau with Steps (5 minutes)
6	Chi-sau Section 1 Attack and Def (10 min.)
7	Lap-sau Drill (10 min.)
8	Lap-sau Section 1 Attack and Def (10 min.)

Friday

Priority	Forms/ Drills/ Applications
1	Siu-Nim-Tau Section 1 (1)
2	Chum-Kiu Section 1 (1)
3	Chain-punching (1,000)
4	Chi-dan-sau (10 minutes)
5	Lap-sau Drill (5 minutes)
6	Chi-sau Section 1 Attack and Def (10 min.)
7	Lap-sau Section 1 Attack and Def (10 min.)
8	Blend Chi-sau and Lap-sau Drills (10 min.)

Notes