Training Plan

Name:

Level: Phase IV

From: To:

Monday

Priority	Forms/ Drills/ Applications
1	Biu-Tze Section 1 (1)
2	Muk-Yan-Chong Section 1 (1)
3	Chain-punching (1,000)
4	Biu-Tze/Chang-sau/Shat-geng-sau (2/ 20)
5	Man-geng-sau (2 sets/ 20 reps ea.)
6	Noi-moon Bong-sau to Tan-sau (2 sets/ 20 ea)
7	Yan-sut-gerk (3 sets/ 25 ea. side)
8	Chai-sut-gerk (2 sets/ 25 ea. side)

Tuesday

Priority	Forms/ Drills/ Applications
1	Biu-Tze Section 1 (5)
2	Muk-Yan-Chong Section 1 (5)
3	Chain-punching (1,000)
4	Biu-Tze Drills on the Wallbag (10 minutes)
5	Muk-Yan-Chong Drills on the Wallbag (10 min)
6	
7	
8	

Wednesday

Priority	Forms/ Drills/ Applications
1	Biu-Tze Section 1 (1)
2	Muk-Yan-Chong Section 1 (1)
3	Chain-punching (1,000)
4	Chi-dan-sau (5 minutes)
5	Chi-sheung-sau (5 minutes)
6	Chi-sau Section 1 Attack and Def (10 min.)
7	Lap-sau Section 1 Attack and Def (10 min.)
8	All Previous Drills from Monday

Thursday

Priority	Forms/ Drills/ Applications
1	Biu-Tze Section 1 (5)
2	Muk-Yan-Chong Section 1 (5)
3	Chain-punching (1,000)
4	Biu-Tze Drills on the Wallbag (10 minutes)
5	Muk-Yan-Chong Drills on the Wallbag (10 min)
6	Wallbag Training (2 minutes)
7	
8	

Friday

Priority	Forms/ Drills/ Applications
1	Biu-Tze Section 1 (2)
2	Muk-Yan-Chong Section 1 (2)
3	Chain-punching (1,000)
4	Chi-sheung-sau (5 minutes)
5	Chi-sau Section 1 Attack and Def (10 min.)
6	Lap-sau Section 1 Attack and Def (10 min.)
7	All Previous Drills from Wednesday
8	

Notes