

Standard Class format

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Standard class formats

Warm up

- Rolling the joints and extension exercises
- Footwork and Hand methods

Conditioning

- Tien Gan
- Stengthing based drills

Technique

- Ho Tien - Straight line methods
- Technique and partner work
- Sticky hands (Rou Shou)

Circle Form

- Circle walking - high - low
- Form review

Closing

- Rolling the joints and extension exercises
- Standing