

Baht Cham Dou Overview

Level 1 - The Form

13 Sections

Level 2 - vs Long Sword

Footwork

- Carry, Fade, Forward, Backward
- Pivot
- Pivot while Retreating
- Gaun

Touch Points

- 1 - Forward Deflection Point
- 2 - Gaun
- 3 - Ding
- 4 - Biu
- 5 - Biu to Ding/Jum

Level 3 - vs Long Pole (Spear)

Bait and Switch

- [ex: Gwun (Bait) - Gaun (Switch)]

Capture

- Lan Kwan or Sap Gee Dou

Rush, Wrench, Roll

Chop or Throw to Grab

Level 4 - Double Sword

Footwork (Squared Stance)

- Rat Stepping
- Step Together Step

Touch Points

- 6 - Targeting
- 7 - Receiving
- 8 - Throwing Point

Mirroring

Building/Testing the House

- Outside
- Inside
- High
- Low

Specialty Techniques

- Jut
 - ◆ Inside
 - ◆ Outside
- Bong
 - ◆ Inside
 - ◆ Outside
 - ◆ Under Lap
 - ◆ Bong the Bong - Handle Bite
- Pinching
 - ◆ Huen - Yat Jee Dou

Level 5 - Feeder Coach

3 Keys to Coaching

- Proper Progression
- Specificity of Action
- Assessment