

L4



KIDSFIT

INTRO - INTERMEDIATE PRACTICAL WING CHUN AUSTRALIA

LEVEL 4 SYLLABUS

Minimum Requirement training period
before grading:
3 months and at least 24 classes
(roughly 2-3 classes a week)

STUDENT NAME: _____

THE FORM

- Section 1 of the Form

TECHNIQUES

FOOK SAU

- Stationary Stance with Fook Sau (outside, inside)
- Stationary with Fook Sau Sau (outside, inside + 1,2,3)
- Single Step (Dan Ma) with Fook Sau Sau
- Single Step (Dan Ma) with Fook Sau Sau (1,2,3)

SHIELD + BREAKFALL

- Stationary with BREAKFALL
- Stationary with SHIELD + BREAKFALL
- Single Step with BREAKFALL + SHIELD
- Single Step with BREAKFALL + SHIELD + GET UP

COMBINATIONS

- Stationary with Pak Tan + Fook Sau (vice versa)
- Stationary with Crossing hand + Fook Sau + 1,2,3
- Single Step with Fook Sau + any technique from Level 1,2,3
- Demonstrate Front Kick and Knee Combo with technique

FREE FLOW (STRIKES AND DEFENCE)

- Flow Pad work against Instructors
- Technical Stand Up into Shield
- Against a push and 3 punches
- Against Front Kicks

EXERCISES

- 15 x Squats Jumps
- 10 x Leg Raises
- 15 x Side to Side Burpees
- 10 x Close and Wide Push ups

HOMEWORK

- Secret Code
- Do something nice for family once a day
- Fold Laundry
- Be Punctual

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Anti-bullying
- Focus
- Forgiveness
- Discipline

ACHIEVEMENT

Follow the below link to view grading dates, booking link and syllabus.
Booking links for grading are available a few weeks before grading date.

<https://www.practicalwingchungkungfu.com/kidsfit-grading>



Upon successfully passing your level 4 grading, you will be rewarded with the level 4 badge that you can proudly display on your uniform.