

# L2



## KIDSFIT

INTRO - BEGINNER

### PRACTICAL WING CHUN AUSTRALIA

#### LEVEL 2 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

#### PAK TAN DA

- Stationary Stance with Pak Tan Da (outside, inside)
- Stationary with Pak Tan Da (outside, inside + 1,2,3)
- Single Step (Dan Ma) with Pak Tan Da
- Single Step (Dan Ma) with Pak Tan Da (1,2,3)

#### GO AWAY

- Stationary with GO AWAY
- Stationary with GO AWAY (1,2,3)
- Single Step with GO AWAY
- Single Step with GO AWAY (1,2,3)

#### COMBINATIONS

- Stationary with Pak Tan Da + Go Away (vice versa)
- Stationary with Pak Tan Da + Go Away + 1,2,3
- Single Step with Pak Tan Da + Go Away (vice versa)
- Single Step with Pak Tan Da + Go Away + 1,2,3

#### FREE FLOW (STRIKES AND DEFENCE)

- Defending against slaps with pads
- Non-stop striking on pads
- Shield + GO away + 1,2,3
- Against Shoulder Grabs

#### EXERCISES

- 10 x Commando Push ups
- 10 x Lunge Kicks
- 15 x Squat Jumps
- 15 x Burpees

#### HOMEWORK

- Home Address
- Parent's Phone No.
- Parent's Full Name
- Cleaning after dinner

#### WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Respect
- Stranger
- Permission

#### 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 2 grading, you will be rewarded with the level 2 badge that you can proudly display on your uniform.