

# L7



## KIDSFIT

### INTRO - ADVANCED PRACTICAL WING CHUN AUSTRALIA LEVEL 7 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 2 of the Form

#### TECHNIQUES

#### FUN SAU

- Stationary Stance with Fun Sau
- Stationary with Fun Sau (outside, inside + 1,2,3)
- Single Step (Dan Ma) / Double Step (Shon Ma) with Fun Sau
- Single Step (Dan Ma) / Double Step (Shon Ma) with Fun Sau (1,2,3)

#### COMBINATION

- Stationary with FUN SAU + LEVEL 1-5 TECHNIQUES (vice versa)
- Stationary with CROSSING HAND + FUN SAU 1,2,3
- Single Step with FUN SAU + LEVEL 1-5 TECHNIQUES (vice versa)
- Taking side control using FUN SAU

#### SELF DEFENCE

- Defend against basic grabs (same side, cross side and two hands grab)
- Using different types of stepping while defending
- Defend against push from the front
- 2 v 1 Basic Concepts

#### FREE FLOW (STRIKES AND DEFENCE)

- Free Flow Pad Work
- Technical Stand Up into Shield, defend against two punches
- Against 3 Punches and Kicks/Knee
- Against Slaps and Punches + Kicks

#### EXERCISES/PAD BASICS

- Learn to Hold Pads for Beginners
- 15 x Leg Raises
- 15 x Side to Side Burpees
- 10 x Close and Wide Push ups

#### HOMEWORK

- Set a weekly goal
- Do something nice for a family member or friend
- Emergency phone number (grandparent, uncle, aunt)
- Be Punctual

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

- Unconditional
- Gratitude
- Punctual

#### 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 7 grading, you will be rewarded with the level 7 badge that you can proudly display on your uniform.