

L9



KIDSFIT

INTRO - ADVANCED PRACTICAL WING CHUN AUSTRALIA

LEVEL 9 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

BIN KUEN

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

COMBINATIONS

- Stationary with Bin Kuen + techniques from Level 1-8 (vice versa)
- Single Step with Bin Kuen + techniques from Level 1-8 (vice versa)
- Double Step with Bin Kuen + techniques from Level 1-8 (vice versa)
- Demonstrate Kick and Knee Combo w/combo mentioned above

SELF DEFENCE

- Defend against multiple opponents (controlling distance with footwork and positioning)
- Defend against blunt weapons with footwork and positioning
- Defend against kick with passing and taking side control

- Protecting a friend from getting pushed 2 vs 1

FREE FLOW (STRIKES AND DEFENCE)

- Freestyle Sparring (includes breakfall, kicks and knees, 2 vs 1, different grabs)
- Freestyle against blunt weapons
- Demonstrate all techniques from level 1 – 9 in freestyle
- Demonstrate knowledge of good structure and posture

EXERCISES/PAD BASICS

- Learn to hold pads for advance students
- 20 x Leg Raises 20 x Close and Wide Push Ups
- 30 x Mountain Climbers (straight/cross variations)

HOMEWORK

- Creating a Drill or Game for the class
- How to Solve Bullying
- Once you can look after yourself, try help others

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Leadership Dedication
- Appreciation

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 9 grading, you will be rewarded with the level 9 badge that you can proudly display on your uniform.