

L5



KIDSFIT

INTRO - INTERMEDIATE PRACTICAL WING CHUN AUSTRALIA

LEVEL 5 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

LAI JING JUENG (LAI FORWARD PALM)

- Stationary Stance with Lai Forward Palm (outside, inside)
- Stationary with Lai Forward Palm (outside, inside + 1,2,3)
- Single Step (Dan Ma) with Lai Forward Palm
- Single Step (Dan Ma) with Lai Forward Palm (1,2,3)

TAN, FOOK, WU FLOW DRILL

- Stationary with TAN, FOOK, WU
- Stationary with GO AWAY + TAN, FOOK, WU
- Single Step with TAN, FOOK, WU
- Single Step with GO AWAY + TAN, FOOK, WU

COMBINATIONS

- Stationary with Lai Forward Palm (in & out) (vice versa)
- Stationary with Crossing hand + Lai Forward Palm + 1,2,3
- Single Step with Lai Forward Palm + any technique from Level 1 to 4
- Back Kick on both sides

FREE FLOW (STRIKES AND DEFENCE)

- Flow (empty hand) against Instructors
- Technical Stand Up into Shield defend against two punches
- Apply strikes to upper and lower body
- Against Slaps and Punches

EXERCISES

- 15 x Squats Jumps
- 15 x Burpees with Tuck Jumps
- 10 x Leg Raises
- 10 x Close and Wide Push ups

HOMEWORK

- Help with meal preparation
- Do something nice for friends
- Clean the toilets
- Check if your parent's need help (offer to help)

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Patience
- Distraction
- Self-control

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 5 grading, you will be rewarded with the level 5 badge that you can proudly display on your uniform.