

L1



KIDSFIT

INTRO - BEGINNER

PRACTICAL WING CHUN AUSTRALIA

LEVEL 1 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

LAP DA

- Stationary Stance with Lap Da
- Stationary with Lap Da (1,2,3)
- Single Step (Dan Ma) with Lap Da
- Single Step (Dan Ma) with Lap Da (1,2,3)

SHIELD

- Stationary with SHIELD
- Stationary with SHIELD (1,2,3)
- Single Step with SHIELD
- Single Step with SHIELD (1,2,3)

COMBINATIONS

- Stationary with Lap Da + Shield (vice versa)
- Stationary with Lap Da + Shield + 1,2,3
- Single Step with Lap Da + Shield (vice versa)
- Single Step with Lap Da + Shield + 1,2,3

FREE FLOW (STRIKES AND DEFENCE)

- Striking with punches
- Striking with forward palms
- Against 3 punches
- Against Slaps and Punches

EXERCISES

- 15 x Squats
- 10 x Burpees
- 10 x Lunges
- 10 x Push Ups

HOMEWORK

- Good morning & good night
- Please & thank you
- Permission
- Wash hands

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Team
- Danger
- Honesty

ACHIEVEMENT

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

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



Upon successfully passing your level 1 grading, you will be rewarded with the level 1 badge that you can proudly display on your uniform.