

L3



KIDSFIT

INTRO - BEGINNER

PRACTICAL WING CHUN AUSTRALIA

LEVEL 3 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

WU SAU

- Stationary Stance with Wu Sau (outside, inside)
- Stationary with Wu Sau (outside, inside + 1,2,3)
- Single Step (Dan Ma) with Wu Sau
- Single Step (Dan Ma) with Wu Sau (1,2,3)

SHIELD + GO AWAY

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

COMBINATIONS

- Stationary with Lap Da + Wu Sau (vice versa)
- Stationary with Crossing hand + Wu Sau + 1,2,3
- Single Step with Push Kick (Front and Back Leg)
- Single Step with Lap Da + Wu Sau + 1,2,3 + Kicks

FREE FLOW (STRIKES AND DEFENCE)

- Striking on Knee Pads Combo
- Dealing with push from front & back
- Against 3 Punches + Knee
- Against Slaps and Punches + Knee

EXERCISES

- 15 x Sumo Squats
- 10 x Burpees with Push Up
- 10 x Leg Raises
- 10 x Push ups Tap Tap

HOMEWORK (BASIC MANNERS)

- Good afternoon
- Cleaning Bedroom
- Creating Good Habits
- Brush your teeth

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Secret
- Warning
- Surprise
- Family

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 3 grading, you will be rewarded with the level 3 badge that you can proudly display on your uniform.