

L6



KIDSFIT

INTRO - INTERMEDIATE PRACTICAL WING CHUN AUSTRALIA

LEVEL 6 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

HOI SAU & HUP SAU

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

HOI, HUP COMBINATION

- Stationary with HOI, HUP, HUP, HOI
- Stationary with SHIELD + HOI, HUP, HUP, HOI
- Single Step with HOI, HUP, HUP, HOI
- Single Step with SHIELD + HOI, HUP, HUP, HOI

COMBINATIONS

- Stationary with Hoi Sau (out & in) (vice versa)
- Stationary with Hoi Sau Combo + 1,2,3
- Single with Hoi Sau + any technique from Level 1 to 5

- Demonstrate Hoi Sau against Hooks (2 hands)

FREE FLOW (STRIKES AND DEFENCE)

- Flow + Kicks against Instructors
- Technical Stand Up and defend against two hooks
- Freestyle with partner
- Demonstrate upper and lower body strike

EXERCISES

- 15 x Tuck Jumps
- 10 x Military Push Ups
- 10 x Leg Raises
- 10 x Close and Wide Push ups

HOMEWORK

- Learn about First Aid
- Where is the nearest Police Station near home
- How to seek help when in danger?
- Solving a conflict in general

WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Courage
- Anger
- Motivation

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 6 grading, you will be rewarded with the level 6 badge that you can proudly display on your uniform.