

# L8



## KIDSFIT

### INTRO - ADVANCED PRACTICAL WING CHUN AUSTRALIA

#### LEVEL 8 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

#### JUT DA

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

#### WOODEN DUMMY PUNCHES

- Stationary with Jum Da or Lai Da
- Stationary with Jum Da or Lai Da + 1,2,3
- Single Step with Jum Da or Lai Da
- Single Step with Jum Da or Lai Da + 1,2,3

#### SELF DEFENCE

- Defend against grabs from behind (shoulder grabs)
- Defend against push from behind (using shield + techniques)
- Defend against multiple opponents (advanced)
- Demonstrate footwork with kicks and knees in 2 v 1
- Protecting a friend from getting pushed

#### FREE FLOW (STRIKES AND DEFENCE)

- Free Flow against boxing gloves
- Against push, grabs, 2 v 1
- Against possible random attacks
- Demonstrate controlling opponents balance

#### EXERCISES/PAD BASICS

- Learn to hold pads for intermediates
- 20 x Leg Raises
- 30 x Mountain Climbers (straight/cross variations)
- 10 x Diamond Push Ups

#### HOMEWORK

- Learn the value of money (how to save)
- Setting a monthly goal
- Nearest emergency doctor/hospital

#### WORDS OF THE WEEK – ENSURE ABILITY TO EXPLAIN CONCEPT

- Manifest
- Evaluate
- Consequence

#### 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 8 grading, you will be rewarded with the level 8 badge that you can proudly display on your uniform.