



Youth-Adult SG4 Transition Overview

FORM				
Student Grade 1		Student Grade 2		Student Grade 3
<i>Siu Nim Tao: Part 1</i>		<i>Siu Nim Tao: Part 2</i>		<i>Siu Nim Tao: Part 3</i>
Opening	Section 1	Section 4		Section 5 Section 6
Section 2	Section 3	[Student Grade 4: Section 9]		Section 7 Section 8

CONTACT				
Rotation 1: Grabs		Rotation 2: Contact Punch Defences		Rotation 3: Basic Chi Sau
Double High Arm Grab	Double Low Arm Grab	from Front Control Position — Outside		Vertical Push (up & down) Horizontal Push (left & right)
Single Low [] Arm Grab	Single Low X Arm Grab	from Front Control Position - Inside		Diagonal Push (x2) Parallel Push (o[]) & Pull (x2)
Shirt Grab	Headlock	from Inside Control Position		Push to Centre & then Elbow Slide Under
Hair Grab		from Back Control Position		Combinations and Other Angles

BROKEN RANGE		
Rotation 1: Attacking the Guard	Rotation 2: Kicks	Rotation 3: Punch Defence
Compact Guard	Straight Kick & Defence	Straight Punch Defence
No Guard & Wide Guard	Roundhouse Kick & Defence	Low Straight Punch Defence
Long/Side Guard o[]	Tan Gerk & Defence	Swing Defence
Long/Side Guard oX	Bong Gerk & Defence	Low Swing Defence

THEORY		
Rotation 1	Rotation 2	Rotation 3
Define: Kung Fu	& Define: Wing Chun Chuan	& Define: Siu Nim Tao
Explain: The WC Strategy	Explain: The Centrelines	Explain: The Self Defence Strategy
Explain: The WC Fighting Principles	Explain: The Fighting Ranges	Explain: The Law on Self Defence

Grade 4 Pressure Test	2 minutes
------------------------------	-----------