



Youth-Adult SG8 Transition Overview

FORM (these are part of the YKF Senior Syllabus)					
Rotation 1: Applications SNT Part 1		Rotation 2: Applications SNT Part 2		Rotation 3: Applications SNT Part 3	
SNT 2: Punches		SNT 4: Lap Da		SNT 5: Chiin-Pak Cheung	
SNT 3: Hao-Pak Cheung		SNT 4: Lap Sau, Lap Da		SNT 6: Tiu Sau	
SNT 3: Hao-Fook Sau, Ching Cheung		SNT 4: Hoi Da		SNT 7: Jum Sau, Lai Da	SNT 8: Bong Sau
CHI SAU					
Grade 5		Grade 6		Grade 7	
Rolling Double Inside/Outside		Rolling One-In/One-Out		Roll both sides with Attacks & Defences:	
				- Hook	- Slide over Bong Sau
				- Uppercut - Straight Punch	- Lei-Bean Kuen - Lap Sau Faak Sau
SELF DEFENCE					
Rotation 1: Anti-Ground		Rotation 2: Close Range Strikes		Rotation 3: Anti-Grappling	
<u>Positioning:</u> <ul style="list-style-type: none">Seated Defensive Position (neutral & side)Lying Defensive Position (side & neutral x3)Ground Control Position		<u>Elbow Combo</u>		<u>Headlock & Defences:</u> <ul style="list-style-type: none">Bridge DefenceEarly DefenceLate Defence	
		<u>Elbow Attacks & Defences:</u> <ul style="list-style-type: none">Early/Low Horizontal ElbowLate/High Horizontal ElbowVertical Elbow			
<u>Getting Up & Down:</u> <ul style="list-style-type: none">Shock Absorption & FallingTactical Get UpRolling Up and Down		<u>Knee Attacks & Defences:</u> <ul style="list-style-type: none">Vertical Knee DefencesInside Knee DefencesOutside Knee DefencesSwitch Knee Defences		<u>Bear Hug & Defences:</u> <ul style="list-style-type: none">Bridge DefenceIn Front DefenceBehind Defence	
<u>Maintaining Guard:</u> <ul style="list-style-type: none">Chain & Wedge KicksSide Chain KicksScissor KicksGrip BreakingPassing & EntanglingLeg Wrestling		<u>Clinch:</u> <ul style="list-style-type: none">Bridge DefenceDistract & ClearAttack with & Defend CRSDefence Sequence		<u>Choke & Defences:</u> <ul style="list-style-type: none">Bridge DefenceSpiral In DefenceSpiral Out Defence	
<u>Ground Mobility:</u> <ul style="list-style-type: none">Forward Tactical RollBackward Tactical RollSpider Walk & StompStompy Game & Climbing Up				<u>Takedown & Defences:</u> <ul style="list-style-type: none">Bridge DefenceRetreat DefenceSprawl Defence	
<u>Escaping:</u> <ul style="list-style-type: none">Mount, Pin & Strike DefenceMount, Ground & Pound DefenceScarf Hold Defences (early & late)					
THEORY					
Rotation 1		Rotation 2		Rotation 3	
SNT Part 1	Ground Strategy	SNT Part 2	Confrontation Assessment	SNT Part 3	Force Principles
Grade 8 Pressure Test				4 minutes	