



# CKF: WC Beginner Syllabus - 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 2	Section 3	<b>[ Student Grade 4: Section 9 ]</b>		Section 7
				Section 8

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

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

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

<b>Grade 4 Pressure Test</b>	2 minutes
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