



# CKF: WC Intermediate Syllabus - Overview

| FORM  |                 |  |                          |  |                                       |
|---|-----------------|--|--------------------------|--|---------------------------------------|
| Term 1: Applications SNT Part 1   |                 | Term 2: Applications SNT Part 2  |                          | Term 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<br>- Straight Punch   | - Lei-Bean Kuen<br>- Lap Sau Faak Sau |
| SELF DEFENCE  |                 |  |                          |  |                                       |
| Term 1: Anti-Ground   |                 | Term 2: Close Range Strikes  |                          | Term 3: Anti-Grappling   |                                       |
| <u>Positioning:</u> <ul style="list-style-type: none"><li>- Seated Defensive Position (neutral &amp; side)</li><li>- Lying Defensive Position (side &amp; neutral x3)</li><li>- Ground Control Position</li></ul>                         |                 | <u>Elbow Combo</u>   |                          | <u>Headlock &amp; Defences:</u> <ul style="list-style-type: none"><li>- Bridge Defence</li><li>- Early Defence</li><li>- Late Defence</li></ul>        |                                       |
|   |                 | <u>Elbow Attacks &amp; Defences:</u> <ul style="list-style-type: none"><li>- Early/Low Horizontal Elbow</li><li>- Late/High Horizontal Elbow</li><li>- Vertical Elbow</li></ul>                            |                          |  |                                       |
| <u>Getting Up &amp; Down:</u> <ul style="list-style-type: none"><li>- Shock Absorption &amp; Falling</li><li>- Tactical Get Up</li><li>- Rolling Up and Down</li></ul>  |                 | <u>Knee Attacks &amp; Defences:</u> <ul style="list-style-type: none"><li>- Vertical Knee Defences</li><li>- Inside Knee Defences</li><li>- Outside Knee Defences</li><li>- Switch Knee Defences</li></ul> |                          | <u>Bear Hug &amp; Defences:</u> <ul style="list-style-type: none"><li>- Bridge Defence</li><li>- In Front Defence</li><li>- Behind Defence</li></ul>   |                                       |
| <u>Maintaining Guard:</u> <ul style="list-style-type: none"><li>- Chain &amp; Wedge Kicks</li><li>- Side Chain Kicks</li><li>- Scissor Kicks</li><li>- Grip Breaking</li><li>- Passing &amp; Entangling</li><li>- Leg Wrestling</li></ul> |                 | <u>Clinch Defences:</u> <ul style="list-style-type: none"><li>- Bridge Defence</li><li>- Distract &amp; Clear</li><li>- Attack with &amp; Defend CRS</li><li>- Defence Sequence</li></ul>                  |                          | <u>Choke &amp; Defences:</u> <ul style="list-style-type: none"><li>- Bridge Defence</li><li>- Spiral In Defence</li><li>- Spiral Out Defence</li></ul> |                                       |
| <u>Ground Mobility:</u> <ul style="list-style-type: none"><li>- Forward Tactical Roll</li><li>- Backward Tactical Roll</li><li>- Spider Walk &amp; Stomp</li><li>- Stompy Game &amp; Climbing Up</li></ul>                                |                 |  |                          | <u>Takedown &amp; Defences:</u> <ul style="list-style-type: none"><li>- Bridge Defence</li><li>- Retreat Defence</li><li>- Sprawl Defence</li></ul>    |                                       |
| <u>Escaping:</u> <ul style="list-style-type: none"><li>- Mount, Pin &amp; Strike Defence</li><li>- Mount, Ground &amp; Pound Defence</li><li>- Scarf Hold Defences (early &amp; late)</li></ul>   |                 |  |                          |  |                                       |
| THEORY  |                 |  |                          |  |                                       |
| Term 1  |                 | Term 2   |                          | Term 3   |                                       |
| SNT Part 1  | Ground Strategy | SNT Part 2   | Confrontation Assessment | SNT Part 3   | Force Principles                      |
| Grade 8 Pressure Test   |                 |  |                          | 4 minutes  |                                       |