



CKF: WC Senior Syllabus - Overview

FORM

Student Grade 9:	Student Grade 10:	Student Grade 11:
Cham Kiu 1	Cham Kiu 2, 3, 4	Cham Kiu Applications: 1 per section

CHI SAU

Student Grade 9:	Student Grade 10:	Student Grade 11:
Focus: Attacking	Focus: Defending	Focus: Counter-Attacking

SELF DEFENCE

Term 1: Locks, Controls & Takedowns	Term 2: Weapons Awareness	Term 3: Multiple Assailants
SG9: 8 Controls / Takedowns SG10: Adapting to Resistance SG11: 1 minute Control Flow	Unarmed vs : - Stick - Knife	Strategies against attackers in both Line & Circle: - Gain the Outside - Use a Shield - Use a Hostage - Minimum Force - Maximum Force
Options include: - X Half Nelson - Pressing & Dropping Arm Bars - Head Hook Arm Bar - Clothes Line - Side Guillotine - Side Bar Choke - Elephant - Package - Rear Triangle Choke/Rear Guillotine - Rear Bar Choke - Twisting Spine Compression - Dropping Spine Compression - Pile Driver - Inside Figure 4	Long Range Defence: Stick vs - Stick - Knife	Added situations: - Grabbed - Protection - Partner - Ground Escape
	Improvised Weapon vs : - Stick - Knife	
	Unarmed vs Knife Combos: - Grab and Stab - Shield and Stab	

THEORY

Term 1: Locks, Controls & Takedowns	Discuss the following three areas in relation to the current Lat Sau Rotation: - Environmental and Situational Considerations - Strategic Positioning and Movement - Aftermath: Physical and Mental Wellbeing Legal Implications
Term 2: Weapons Awareness	
Term 3: Multiple Assailants	

Grade 12 Pressure Test

6 minutes