



CKF: YKF Beginner Syllabus - Overview

FORM

Student Grade 1	Student Grade 2	Student Grade 3	Student Grade 4
Siu Nim Tao Section 1	Siu Nim Tao Section 2	Siu Nim Tao Section 3	Siu Nim Tao Section 1- 4

SELF DEFENCE

Term 1: Kicks	Term 2: Punches, Broken & Contact	Term 3: Grabs	
Straight Kick & Defence	Straight Punch Defence	Double High Arm Grab	Double Low Arm Grab
Roundhouse Kick & Defence	Low Straight Punch Defence	Single Low Arm Grab []	Single Low Arm Grab X
Tan Gerk & Defence	Swing Defence	Shirt Grab	Headlock
Bong Gerk & Defence	Low Swing Defence	Hair Grab	

THEORY

SG1-3	Define: Kung Fu	Define: Wing Chun Chuan	Define: Siu Nim Tao
SG4	The above, plus: the Self Defence Strategy		

Grade 4 Pressure Test

2 minutes