



CKF: YKF Intermediate Syllabus - Overview

FORM

Student Grade 5	Student Grade 6	Student Grade 7	Student Grade 8
Siu Nim Tao Section 5 & 6	Siu Nim Tao Section 7 & 8	Siu Nim Tao Section 9	Siu Nim Tao Complete

SELF DEFENCE

Term 1: Close Range Strikes	Term 2: Anti-Grappling	Term 3: Anti-Ground Fighting
<u>Elbow Combo</u>	<u>Headlock & Defences</u> - Bridge Defence - Early Defence - Late Defence	<u>Positioning</u> - Seated Defensive Position (neutral & side) - Lying Defensive Position (side & neutral x3) - Ground Control Position
<u>Elbow Attacks</u> - Early/Low Horizontal Elbow - Late/High Horizontal Elbow - Vertical Elbow		
<u>Clinch Attacks & Defences</u> - Close Range Strikes - Defending Close Range Strikes - Distract & Clear - Defence Sequence	<u>Bear Hug & Defences</u> - Bridge Defence - In Front Defence - Behind Defence	<u>Getting Up & Down</u> - Shock Absorption & Falling - Tactical Get Up - Rolling Up and Down
	<u>Choke & Defences</u> - Bridge Defence - Spiral In Defence - Spiral Out Defence	<u>Maintaining Guard</u> - Chain & Wedge Kicks - Side Chain Kicks - Scissor Kicks - Grip Breaking - Passing & Entangling
	<u>Takedown & Defences</u> - Bridge Defence - Retreat Defence - Sprawl Defence	<u>Ground Mobility</u> - Forward Tactical Roll - Backward Tactical Roll - Spider Walk & Stomp
		<u>Escaping</u> - Early Scarf Hold Defence - Late Scarf Hold Defence

THEORY

Term 1	Term 2	Term 3
Ground Strategy	Wing Chun Strategy	UK Law on Self Defence

Grade 8 Pressure Test

4 minutes