



CKF: YKF Senior Syllabus - Overview

FORM APPLICATIONS

Term 1:	Term 2:	Term 3:
SNT 2: Mai Jan Punch	SNT 4: Lap Da	SNT 5: Pak Sau
SNT 3: Hau-Pak Ching Cheung	SNT 4: Lap Sau, Lap Da	SNT 6: Tiu Cheung
SNT 3: Hau-Fook Sau, Ching Cheung	SNT 4: Hoi Sau	SNT 7: Jum, Lai Da
–	–	SNT 8: Bong Sau

SELF DEFENCE

Term 1: Weapons Awareness	Term 2: Multiple Assailants	Term 3: Controlling Techniques
<ul style="list-style-type: none"> - 1-5 Strikes, Moving and Hitting - Targeting 	Strategies against attackers in both Line & Circle: <ul style="list-style-type: none"> - Gain the Outside - Using a Shield - Using a Hostage - Minimum Force - Maximum Force 	SG9: 8 Controls / Takedowns SG10: Adapting to Resistance SG11: 1 minute Control Flow
Long Range Defence: Stick vs <ul style="list-style-type: none"> - Stick - Knife 		<ul style="list-style-type: none"> - Arm Bar - Head Hook Arm Bar
<ul style="list-style-type: none"> - Unarmed vs #1 - Unarmed vs #2 	Added situations: <ul style="list-style-type: none"> - Grabbed - Protection - Partner - Ground Escape 	<ul style="list-style-type: none"> - Rear Triangle Choke/Guillotine - Package
<ul style="list-style-type: none"> - Defend Shield & Stab 		<ul style="list-style-type: none"> - Clothes Line - Elephant - Pile Driver - Inside Figure 4

THEORY

Term 1	Term 2	Term 3
What are the unique/special considerations when we decide to use a Controlling Technique?	What are the unique/special considerations when Weapons are involved?	What are the unique/special considerations when there are Multiple Attackers?

Grade 12 Pressure Test

6 minutes