



CKF: WC Intermediate Syllabus - Overview

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 - Straight Punch - Lei-Bean Kuen - 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"> - Seated Defensive Position (neutral & side) - Lying Defensive Position (side & neutral x3) - Ground Control Position 	<u>Elbow Combo</u> <u>Elbow Attacks & Defences:</u> <ul style="list-style-type: none"> - Early/Low Horizontal Elbow - Late/High Horizontal Elbow - Vertical Elbow 	<u>Headlock & Defences:</u> <ul style="list-style-type: none"> - Bridge Defence - Early Defence - Late Defence
<u>Getting Up & Down:</u> <ul style="list-style-type: none"> - Shock Absorption & Falling - Tactical Get Up - Rolling Up and Down 	<u>Knee Attacks & Defences:</u> <ul style="list-style-type: none"> - Vertical Knee Defences - Inside Knee Defences - Outside Knee Defences - Switch Knee Defences 	<u>Bear Hug & Defences:</u> <ul style="list-style-type: none"> - Bridge Defence - In Front Defence - Behind Defence
<u>Maintaining Guard:</u> <ul style="list-style-type: none"> - Chain & Wedge Kicks - Side Chain Kicks - Scissor Kicks - Grip Breaking - Passing & Entangling - Leg Wrestling 	<u>Clinch Defences:</u> <ul style="list-style-type: none"> - Bridge Defence - Distract & Clear - Attack with & Defend CRS - Defence Sequence 	<u>Choke & Defences:</u> <ul style="list-style-type: none"> - Bridge Defence - Spiral In Defence - Spiral Out Defence
<u>Ground Mobility:</u> <ul style="list-style-type: none"> - Forward Tactical Roll - Backward Tactical Roll - Spider Walk & Stomp - Stompy Game & Climbing Up 		<u>Takedown & Defences:</u> <ul style="list-style-type: none"> - Bridge Defence - Retreat Defence - Sprawl Defence
<u>Escaping:</u> <ul style="list-style-type: none"> - Mount, Pin & Strike Defence - Mount, Ground & Pound Defence - Scarf Hold Defences (early & late) 		

THEORY					
Term 1		Term 2		Term 3	
SNT Part 1	Ground Strategy	SNT Part 2	Confrontation Assessment	SNT Part 3	Force Principles

GRADE 8: FORM APPLICATIONS		
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

GRADE 8: PRESSURE TEST	4 minutes
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