



# CKF: WC Senior Syllabus - Overview

## CHI SAU

Student Grade 9:	Student Grade 10:	Student Grade 11:
Focus: Attacking weaknesses in: Bong Sau Tan Sau Fook Sau (High & Low) Stance (Leaning/Weak)	Focus: Defending Grade 9 Attacks	Focus: Counter-Attacking Grade 10

## SELF DEFENCE

Term 1: Locks, Controls & Takedowns	Term 2: Weapons Awareness	Term 3: Multiple Assailants
<b>SG9:</b> 8 Controls / Takedowns <b>SG10:</b> Adapting to Resistance <b>SG11:</b> 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	
	Improvised Weapon vs : - Stick - Knife	
	Unarmed vs Knife Combos: - Grab and Stab - Shield and Stab	

## THEORY

<b>Term 1:</b> <b>Locks, Controls &amp; Takedowns</b>	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
<b>Term 2:</b> <b>Weapons Awareness</b>	
<b>Term 3:</b> <b>Multiple Assailants</b>	

## GRADE 12: FORM

Cham Kiu (Sections 1-4)

## GRADE 12 PRESSURE: TEST

6 minutes