



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> <ul style="list-style-type: none"> - vs single punch - vs double punch 	<u>Headlock & Defences</u> <ul style="list-style-type: none"> - Bridge Defence - Early Defence - Late Defence 	<u>Positioning & Moving</u> <ul style="list-style-type: none"> - Seated Defensive Position (neutral, side & pivot) - Lying Defensive Position (side & neutral) - Ground Control Position - Spider Walk & Stomp - <i>Forward Tactical Roll (SG12)</i> - <i>Backward Tactical Roll (SG12)</i>
<u>Elbow Attacks (from i[[]])</u> <ul style="list-style-type: none"> - Wang-Jaan (Horizontal Elbow) - Kap-Jaan (Diagonal Down Elbow) - Jing-Jaan (Vertical Up Elbow) - CRS finish 		
<u>Double Arm Clinch</u> <ul style="list-style-type: none"> - Defend Close Range Strikes (Knee, Elbow, Punch) 	<u>Bear Hug & Defences</u> <ul style="list-style-type: none"> - Bridge Defence - In Front Defence - Behind Defence 	<u>Getting Up & Down</u> <ul style="list-style-type: none"> - Shock Absorption & Falling - Tactical Get Up - Rolling Down - <i>Rolling Up (SG12)</i>
<u>Double Arm Clinch</u> <ul style="list-style-type: none"> - Distract & Clear - Defence Sequence 	<u>Choke & Defences</u> <ul style="list-style-type: none"> - Bridge Defence - Spiral In Defence - Spiral Out Defence 	<u>Leg Techniques</u> <ul style="list-style-type: none"> - Chain & Wedge Kicks - Side Chain Kicks - Scissor Kicks - Grip Breaking - Passing & Entangling
	<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"> - Early Scarf Hold Defence - Late Scarf Hold Defence

THEORY

Term 1	Term 2	Term 3
Fighting Ranges	Wing Chun Strategy	Ground Strategy

Grade 8 Pressure Test

4 minutes