



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 Sau
-	-	SNT 8: Bong Sau

SELF DEFENCE

Term 1: Weapons Awareness	Term 2: Multiple Assailants	Term 3: Controlling Techniques
Stick / Knife - 1-5 Strikes, Moving and Hitting - Targeting	Strategies against attackers in both Line & Circle: - 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 - Stick - Knife		- Arm Bar - Head Hook Arm Bar
Unarmed vs Stick / Knife - Inside, high & low - Outside, high & low	Added situations: - Grabbed - Protection - Partner - Ground Escape	- Rear Triangle Choke/Guillotine - Package
- Defend Shield & Stab		- 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