



JUNIOR GRADING SYLLABUS

- FENG SHOU -

1st PU – YELLOW SASH

IMPORTANT NOTE : If you do not understand what you have to do for your grading you MUST ask your Instructor beforehand

Stances	Stance - Dragon Snake Crane Bear Eagle Dog Cat Riding Horse Duck/Monkey Leopard Horse Cross Leg/Scissor
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Steps	Type - Ladder Direction - Forward (f) & Backward (b) Stance - Snake / Scissor Snake / Cross Leg
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Strike	Open Hand
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Foot Flow	Patterns - 1 / 2 / 3
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Ward-Offs	Type - Sun Palm & Cloudy Palm Drill - Static Hand Feed Strike - Straight Open Hand
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Evasions	Type - Clock Face Drill - Partner Feed Set No. - 1
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Rolling	Relaxed Fall Back
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