



JUNIOR GRADING SYLLABUS

- FENG SHOU -

2nd 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
Steps	Type - Box Stance - Bear to Snake
Strike	Fist
Foot Flow	Patterns - 4 / 8
Ward-Offs	Type - Sun Palm & Cloudy Palm Drill - Static Hand Feed Strike - Straight Fist
Arm Control	From grip
Evasions	Type - Clock Face Box Step Drill - Alternate Striking Partner Feed Set No. - 1 1
Rolling	Backwards Roll