



JUNIOR GRADING SYLLABUS

- FENG SHOU -

3rd 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	-	Rotations : 90 degrees & 180 degrees		
			Box in Snake to Cat		
Strikes	Hook / Uppercut				
Foot Flow	Patterns	-	12 / 16		
Ward-Offs	Type	-	Sun Palm & Cloudy Palm		
	Drill	-	Static Hand Feed		
	Strike	-	Hook / Hand Sword		
Ankle Control	Type	-	Sun Palm		
	Drill	-	Left / Right		
	Strike	-	Foot Flow		
Arm Control	Drill	-	Static Hand Feed		
	Strike	-	Straight Open Hand		
Evasions	Type	-	Clock Face	Box Step	
	Drill	-	3 Star Static	Alternate Striking	
	Set No.	-	1	1	
Rolling	Forwards	-	2 Hands		
Attacks - Single	Grip and Breakout	-	Single hand		
Active Mist	Set 1				
Take Downs	1				