



JUNIOR GRADING SYLLABUS

- FENG SHOU -

4th PU – RED SASH

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

Stances	Stance - Frog Chicken Drunkard Stork	Hawk Tiger Lion Crocodile
Steps	Type - Box Drill - Changing Stance	
Strikes	Hand Sword / Spear	
Foot Flow	Patterns - 20 / 24 / 28	
Ward-Offs	Type - Sun Palm & Cloudy Palm Drill - 3 Start Static Strike - First 3 strikes	
Ankle Control	Type - Sun Palm Direction - Left / Right Drill - Foot Flow : Foot Pattern 1	
Arm Control	Static Hand Feed - various	
Evasions	Type - Clock Face Drill - 3 Star Moving Set No. - 2	Box Step Partner Feed 2
Evasions	Type - Tea Cup Drill - Partner Feed Set No. - 1	Lotus Petals Partner Feed 1
Rolling	Forwards - 1 hand	
Attacks - Single	Grip & Breakout - double hand	
Dook Shou	Set 1	
Take Downs	2	
Throws	1	
Arm Locks	OVER 16's ONLY - 1	
Wrist Locks	OVER 16's ONLY - 1	