



## JUNIOR GRADING SYLLABUS

### - FENG SHOU -

#### 5<sup>th</sup> PU – RED SASH

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

|                         |  |   |
|-------------------------|--|---|
| <b>Stances</b>          | Stance - Frog<br>Chicken<br>Drunkard<br>Stork                                  | Hawk<br>Tiger<br>Lion<br>Crocodile      |
| <b>Steps</b>            | Type - All Ladder<br>Drill - Changing Stance                                   |   |
| <b>Strikes</b>          | Hammer / Back Fist   |   |
| <b>Foot Flow</b>        | Patterns - 32 / 36 / 40  |   |
| <b>Ward-Offs</b>        | Type - Arm Ward Off<br>Drill - 3 Start Static<br>Strike - First 3 strikes      |   |
| <b>Ankle Control</b>    | Type - Sun Palm<br>Direction - Down<br>Drill - Foot Flow : Foot Patterns 1 & 2 |   |
| <b>Arm Control</b>      | 3 Star Static  |   |
| <b>Sticky Hands</b>     | Left / Right   |   |
| <b>Evasions</b>         | Type - Clock Face<br>Drill - Roll Aways<br>Set No. - 2                         | Box Step<br>Alternate striking<br>2     |
| <b>Evasions</b>         | Type - Tea Cup<br>Drill - Alternate striking<br>Set No. - 1                    | Lotus Petals<br>Alternate striking<br>1 |
| <b>Rolling</b>          | Roll backwards from grip   |   |
| <b>Attacks - Single</b> | Grip & Breakout - from rear  |   |
| <b>Dook Shou</b>        | Set 2  |   |
| <b>Active Mist</b>      | Set 2  |   |
| <b>Take Downs</b>       | 3  |   |
| <b>Throws</b>           | 2  |   |
| <b>Arm Locks</b>        | OVER 16's ONLY - 2   |   |
| <b>Wrist Locks</b>      | OVER 16's ONLY - 2   |   |