



JUNIOR GRADING SYLLABUS

- FENG SHOU -

6th PU – RED SASH

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

Steps	Type - Ladder & Box Stance - Any Direction - Any	
Strike	Eagle Claw	
Foot Flow	Patterns - 44 / 48 / 52 / 56	
Ward-Offs	Type - Arm Ward Off Drill - 3 Start Static Strike - First 3 strikes	
Ankle Control	Type - Sun Palm Direction - Left / Right / Down Drill - 3 Star Static : Foot Pattern 3	
Arm Control	3 Star Moving	
Sticky Hands	Forward / Back	
Whirling Hands	Left / Right	
Evasions	Type - Clock Face Drill - Marker Sparring Set No. - 3	Box Step 3 Star Static 1
Evasions	Type - Tea Cup Drill - 3 Star Static Set No. - 2	Lotus Petals 3 Star Static 2
Rolling	Roll forwards from grip	
Attacks - Single	Hand strikes	
Dook Shou	Set 3	
Active Mist	Set 3	
Shou Pei Fa	8	
Take Downs	4	
Throws	3	
Arm Locks	OVER 16's ONLY - 3	
Wrist Locks	OVER 16's ONLY - 3	