



## JUNIOR GRADING SYLLABUS

### - FENG SHOU -

#### 7<sup>th</sup> PU – BLUE SASH

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

<b>Steps</b>	Type - 90 & 180 degree rotations Zig zag - forwards & backwards Stance - Bear - Cat - Snake - Crane - Duck/Monkey	
<b>Strike</b>	Crab Claw	
<b>Foot Flow</b>	Patterns - 60 / 64 / 68 / 72	
<b>Ward-Offs</b>	Type - Various Drill - 3 Star Moving Strike - First 3 strikes	
<b>Ankle Control</b>	Type - Sun Palm Direction - Left / Right / Down Drill - 3 Star Moving : Foot Patterns 4 & 8	
<b>Arm Control</b>	Roll Aways	
<b>Sticky Hands</b>	Down	
<b>Whirling Hands</b>	Forward / Back	
<b>Whirling Arms</b>	Left / Right	
<b>Evasions</b>	Type - Clock Face Drill - Free Sparring Set No. - 3	Box Step 3 Star Moving 2
<b>Evasions</b>	Type - Tea Cup Drill - 3 Star Moving Set No. - 2	Lotus Petals 3 Star Moving 2
<b>Rolling</b>	Roll backwards from arm throw	
<b>Attacks - Single</b>	Hand Strikes	
<b>Dook Shou</b>	Set 4	
<b>Active Mist</b>	Set 4	
<b>Shou Pei Fa</b>	24	
<b>Broad Sword</b>	10	
<b>Take Downs</b>	5	
<b>Throws</b>	4	
<b>Arm Locks</b>	OVER 16's ONLY - 4	
<b>Wrist Locks</b>	OVER 16's ONLY - 4	