



JUNIOR GRADING SYLLABUS

- FENG SHOU -

8th PU – BLUE SASH

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

Steps	Type - 270 degree rotations Zig zag - Changing stance Stance - Bear - Cat - Snake - Crane - Duck/Monkey	
Strike	Tiger head	
Foot Flow	Patterns - 76 / 80 / 84 / 88	
Ward-Offs	Type - Various Drill - Roll Aways Strike - First 3 strikes	
Ankle Control	Type - Hook Direction - Inside / Outside Drill - Roll Aways : Foot Pattern 1	
Arm Control	Roll Aways	
Sticky Hands	Up	
Whirling Hands	Up / Down	
Whirling Arms	Forward / Back	
Evasions	Type - Clock Face Drill - Free Sparring Set No. - 4	Box Step Roll Aways 3
Evasions	Type - Tea Cup Drill - Roll Aways Set No. - 3	Lotus Petals Roll Aways 3
Rolling	Roll forwards from arm throw	
Attacks - Single	Hand Strikes	
Dook Shou	Set 5	
Active Mist	Set 5	
Shou Pei Fa	40	
Stick or Broad Sword	Stick - 16 or Broad Sword - 20	
Take Downs	6	
Throws	5	
Arm Locks	OVER 16's ONLY - 5	
Wrist Locks	OVER 16's ONLY - 5	