



JUNIOR GRADING SYLLABUS

- FENG SHOU -

9th 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 - Zig Zag - Any Direction Stance - Dragon Snake Crane Bear Eagle Dog Cat Riding Horse Duck/Monkey Leopard Horse Cross Leg/Scissor Direction - Any	
Strike	Poison Hand	
Foot Flow	Patterns - 92 / 96 / 100 / 104	
Ward-Offs	Type - Various Drill - Marker Sparring Strike - First 3 strikes	
Ankle Control	Type - Hook Direction - Inside / Outside Drill - Marker Sparring : Foot Pattern 3	
Arm Control	Marker Sparring	
Sticky Hands	Apply any of the six directions	
Whirling Hands	Apply any of the six directions	
Whirling Arms	Up / Down	
Evasions	Type - Clock Face Drill - Free Sparring Set No. - 5	Box Step Marker Sparring 4
Evasions	Type - Tea Cup Drill - Marker Sparring Set No. - 4	Lotus Petals Marker Sparring 4
Rolling	Roll forwards from leg throw	
Attacks - Single	Foot patterns - Various	
Dook Shou	Set 6	
Active Mist	Set 6	
Shou Pei Fa	60	
Stick or Broad Sword	30	
Take Downs	3 Star Moving	
Throws	6	
Arm Locks	OVER 16's ONLY - 6	
Wrist Locks	OVER 16's ONLY - 6	