

Kung Fu Kids Grading Syllabus

Grade	Basics	Form	Application
White / Red Stripe	Standing Punch Upper Block Inner Block Lower Block Outer Block Front Kick Side Kick Back Kick	Standing Boxing	Kwoon Etiquette Seated / Kneeling Break falls Blocks to stick Kicks to pads
Red	Straight Jab Punch Cross Jab Punch Hook Front Kick Round Kick Turn Shield Fighting Stance	Kick Boxing	Shield and Hit Combinations Pad Sparring Crouching break falls Escapes from grabs
Yellow	Front Stance Step Upper Block and Strike Step Inner Block and Strike Step Lower Block and Strike Step Outer Block and Strike	Blocking	Block and Hit combinations
Orange	Front Kick Round Kick Side Kick Corner Kick Back Kick Cat Stance Warrior Stance Front Stance	Kicking Form	Kicks to Pads
Green	Rising Elbow Dropping Elbow Inner / Outer Elbow Rising Knee Angled Knee Wedge Twisting Power Crunching power Snake	Close Quarter	Stick \ padwork combinations Partnered application Combinations Floor Work
Blue	Uppercut Punch Rising Palm Dropping Hammer Fist Dropping Palm Hook Punch Outer Hammer Fist Palm Heel Knife Hand Centre Lock Arm Bar Bent Up Arm Bar Wrist Circle Lock	Power Hands Locking Form	Padwork for Hand Strikes Loose Limb Boxing Combinations Application To Locks
Purple	Hammer Fist Palm Heel Back Fist Cross Arms Spear Hand Knife Hand Outer Reap Throw Inner Reap Throw Body Drop Throw Hip Throw Body Clinch Takedown Single Leg Takedown Double Leg Takedown	13 Hands Throwing Form	Applications to 13 Hands Padwork Self Defence Sparring Application of Throws
Brown	Alternating Circling Inner To Outer Circling Outer To Inner Circling Push And Pull	Circles	Pushing Hands Padwork Self Defence Push
Brown / One White Stripe	Groundwork	Tai Chi (Section 1) Groundwork Form	Application To Groundwork
Brown / Two White Stripe		Tai Chi (Section 2)	
Black	All System Techniques	Tai Chi (Section 3)	