

## Kung Fu Adults Grading Syllabus

Grade	Basics	Form	Application
Red	Jab Punch (Front Hand) Jab Punch (Rear Hand) Jab Punch (Angled) Front Kick Round Kick Turn Shield Guard Stance	Kick Boxing	Pad Sparring Crouching Break Falls Applications To Form
Yellow	Rising Elbow Dropping Elbow Inner / Outer Elbow Rising Knee Angled Knee Wedge Centre Lock Arm Bar Bent Up Arm Lock Wrist Circle Lock	Close Quarter  Locking Form	Applications To Form Standing Breakfalls Padwork  Applications Of Locks
Orange	Palm Heel Dropping Palm Curving Palm Rising Punch Hook Punch Dropping Hammer Fist Outer Hammer Fist Knife Hand Outer Reap Throw Inner Reap Throw Body Drop Throw	Power Hands  Throwing Form	Padwork for Hand Strikes Applications To Form Rolling Breakfalls  Application of Throws
Green	Head Block Outer to Inner Block Lower Block Inner To Outer Block Front Kick Round Kick Side Kick Back Kick	16 Gates	Pushing Hands Pressure Point Applications Low & High Kicking Applications
Blue	Hammer Fist Palm Heel Back Fist Cross Arms Spear Hand Knife Hand Warrior Stance	13 Hands	Applications to 13 Hands Padwork Self Defence
Purple	Cross Hands Circling Inner To Outer Circling Outer To Inner Circling Push And Pull Groundwork	Circles (Silk Reeling)  Groundwork Form	Pushing Hands Padwork Self Defence  Application To Groundwork
Brown	Internal system	3 Battles (Sanchin) (Saamchin)	Application and Testing
Brown / One White stripe	Snake Crane Tiger Leopard Dragon	5 Animals (Rokkusho) (Tensho)	Application To Form
Brown/ Two White Stripes	Power Sourcing	Inner Step Form (Naifunchin) (Naihanchi)	Application To Form
Black	All System Techniques	Shi Kon Tai Chi	Application to Form