



Curriculum 2019

kungfuacademic.net


Hung Kuen Kung Fu

© Veronika Partikova

Year 1 Flow

Children 4-7 

Timeline											
	1 st month	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	
Form	Opening	Basic Form		Moi Fah Kuen							
Training for level	White	Grey		Yellow				Grounding			
Lessons approx.	6 lessons	10 lessons		16 lessons				7 lessons			

Children 8-15 

Timeline										
	1 st month	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Form	Opening	Basic	Moi Fah Kuen		Lau Gar Kuen					
Training for level	White	(Grey)	Yellow		Orange					
Lessons approx.	4 lessons	6 lessons	12 lessons		ongoing					

Adults

Timeline										
	1 st month	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
Form	Basic	Moi Fah/ Lau Gar		Gung Ji Fok Fu Kuen						
Training for level						Blue				
Lessons approx.	4 lessons	12 lessons		ongoing						

Levels Requirements: Forms and Other

		<u>Level</u>	<u>Forms</u>		<u>Other</u>
			Bare hand	Weapons	
Student level	Children only	White	Opening		
		(Grey)	Basic Form		
		Yellow	Moi Fah Kuen		
		Orange	Lau Gar Kuen		
		Green	Gung Ji Fook Fu Kuen		
	Adults	Blue	Fu Hok	Pek Kwan Dan Do Hang Che Pang	Competition requirement
Assistant level		Brown 1		Gim (either sword) Lau Gar Kwan	
		Brown 2 Instructor 1	Sap Ying Kuen Fu Hok Doi Chaak		Teaching requirement
		Brown 3		Baat Kwa Kwan Tan Tau Kwan Doi Chaak	
Instructor level		Black 1 Instructor 2	Tit Sin Kuen		Fight requirement
		Black 2 Advanced		Kwan Dao Tai Pa	

Overall Techniques on Level:

Stances	3		2	2	3	
Arms	2	3	3	3	2	3
Legs	1	1	2	2	3	
Defense		2	2	3	4	4

Levels Requirements: Technical

<u>Level</u>	<u>Stances</u>	<u>Attack</u> <u>Hands/Arms</u>	<u>Attack</u> <u>Legs</u>	<u>Defense</u>
White	Sei ping ma Ji ng ma Diu ma	Level punch Whip punch	Front kick	
(Grey)		Upper cut Horizontal elbow Push hand	Low kick	Push hand Toi sau
Yellow	Tau ma Gwai ma	Tiger claw Butterfly palms Drill punch	Side kick / tiger's tail	Drill punch Cover hand Pressing elbow
Orange	Tai Teoi /Gam fai duk laap Gung bou ma	Sun punch Gwaa ceoi Sau ceoi / hook	Leg check Knee stomp	Long tau Leg check Scissors hands
Green	Nau Ma Daap ma / Kei leon Ma	Hammer fist Black tiger 3 starts	Sweep	Elbow throw Bending hand Bong sau
Blue		Wave punch Wood punch Dividing punch		Crane handle (Cross) dividing (metal) fist Throwing fist Chop fist

Note: Grey level is used for small children around 5 years old.

Note 1: Other weapons are taught with not designed order, depending on the students and their needs.

Note 2: Students are not tested, but promoted. Children may be exception.

Note 3: It is OK to learn the form before the certain level. But it does not mean that the student will be promoted earlier. Level is a very complex issue, not only consisting of how big is one's forms collection.

Stances

4 level stance/ "horse stance"		Sei ping ma	四平馬
Meridian/front stance		Ji ng ma	子午馬
Empty stance/ hanging stance		Diu ma	吊馬
Unicorn stance		Keilun ma	麒麟步
• Twist on spot		Nau Ma	鈕馬
• Step forward		Daap ma / Kei leon Ma	踏馬/麒麟馬
• Step backwards		Tau Ma	偷馬
Kneeling stance		Gwai Ma	跪馬
Leg up stance/standing on one leg like a golden chicken		Tai Teoi /Gam fai duk laap	提腿/金雞獨立
Extended low stance		Gung bou ma	弓步馬

3	1	2	2	2
---	---	---	---	---

Attack: Hands and arms

Level punch	Ping ceoi	平 搥
Whip punch (side beat)	Bin ceoi	邊搥
Uppercut	Cung ceoi	冲搥
Elbow strike (horizontal)	Waang zau	橫肘
Push	Caang zeong	撐掌
Tiger claw	Fu zaau	虎爪
Butterfly palms	Wu dip zoeng	蝴蝶掌
Drill punch	Zau da	揪打
Sun character punch	Jat zi ceoi	日字搥
Hanging punch	Gwaa ceoi	掛搥
Hook	Sau ceoi	啣搥
Hammer fist	Pek ceoi	劈搥
Black tiger	Hak fu zaau	黑虎爪
3 star attack	Saam sing ceoi	三星搥
Wave punch	Soi long paau ceoi	水浪拋搥
Wood punch	(Gaap) Muk ceoi	夾木搥
Dividing punch	Fan gam ceoi	分金搥

Note: Not all techniques are included, these are chosen for practical use and preference.

Note 1: Fu zau serves here as for single tiger claw, too.

Note 2: Only striking or strike-range techniques (not short range) are listed.

2	3	3	3	3	3
---	---	---	---	---	---

Attack: Legs

Front kick		Zing min tek goek	正面踢腳
Low kick		Haa tek goek	下踢腳
Side kick (tiger's tail)		Fu mei goek	虎尾腳
		- Variation up-direction	
		- Variation forward-direction	
Leg check		Tai teoi tek geok	提腿踢腳
Knee stomp			
Sweep		Sou goek	掃腳
		- Variation inside	
		- Variation outside	

Note: Low kick added.

1	1	2	2	2
---	---	---	---	---

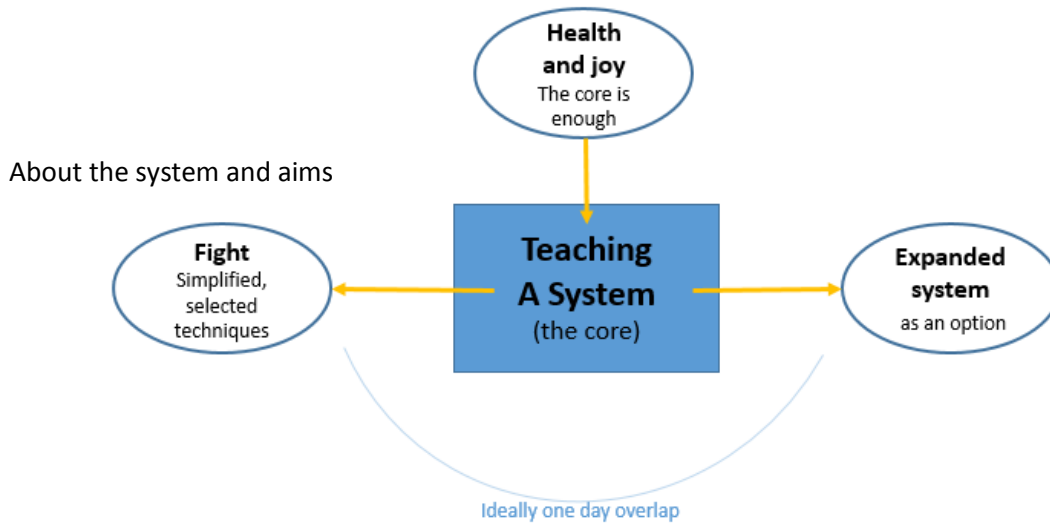
Defense

Note: Some of the techniques can be used for both attack and defense.



Push hand		Caang zeong	撐掌	Forward/outside
Drill punch		Cau Daa	抽打	Outside
Long tau		Long tau	擋頭	Front/outside
Elbow throw		Paau zau	拋肘	Outside
Crane handle		Hok Tai Sau	鶴提手	Outside
Side pushing hand		Toi sau	推手	Inside
Cover hand		Kam sau	冚手	Down
Pressing elbow		Bik zau	逼肘	Out/down
Bending hand		Fuk sau	伏手	Down
(Cross) dividing (metal) fist		Sap zi fan gam kuen	十字分金拳	
Throwing fist		Pau choi	拋槌	Up
Leg check				Outside/inside
Scissors hands		Zin sau	剪手	Forward
Bong sau		Bong sau	膀手	Outside
Chop fist		Pek kuen	劈拳	Outside

	2	3	3	3	4
--	---	---	---	---	---



Aims in general:

To become...

- Moral warrior
- Fighter
- Athlete (from athleticism)
- Healthy, happy person

Typical students and their goals:

Kids 4-7 years old, target:	Coordination Ability to switch from action to calmness Ability to listen to instructions Ability to perform handful of techniques and the Basic form
Kids 8-15 years old, target:	Coordination and basic athleticism Ability to listen to instructions Ability to perform various level techniques and forms Ability to work with fear, confidence, partner and
Adults, target:	Health, athleticism and basic combativeness Skill to understand, apply and perform well the core techniques Ability to perform various level forms Understanding of the system School as a community

<p>Forms</p> <p>Bare Hands Sets</p> <ul style="list-style-type: none"> • Moi Fah Kyun • Lau Gar Kyun • Gung Zi Fook Fu Kyun • Fu Hok Kyun • Sap Ying Kyun • Tit Sin Kyun <p>Plus</p> <ul style="list-style-type: none"> • Wu Dip Zoeng • Zin Zoeng • Ye Fu <p>Sparring Sets</p> <ul style="list-style-type: none"> • Fuk Hok Doi Caak • Tan Tau Kwan • Spear – Sabre <p>Plus</p> <ul style="list-style-type: none"> • Gung Zi Doi Chaak • Butterfly knives x spear • Daggers x spear • Kwan dao x staff 	<p>Long and Soft Weapons</p> <ul style="list-style-type: none"> • Hang Ce Pang • Spear Moi Fah Coeng • Lau Gar Kwan • Baat Kwa Kwan • Tai Pa • Kwan Dao <p>Plus</p> <ul style="list-style-type: none"> • Pu Dao • Single Chain Whip • Double Chain Whip <p>Short Weapons</p> <ul style="list-style-type: none"> • Pek Kwa Dai Do • Kwai Lun Gim • San Mun Gim • Butterfly knives <p>Plus</p> <ul style="list-style-type: none"> • Bench • Ji Fai Do
---	--

Note: The main, system-bearing sets (forms) are listed in the top of each list. Some of the weapons are taught in specific order, some of them depending on the student. There are also more forms, expanding the system or bearing a specification of the lineage (Hak Fu).

Vocabulary, simple words

Hand	Sau	手
Fist	Kyun	拳
Punch, strike	Ceoi	搥
Leg	Tek	踢
Kick	Goek	腳
Front	Cin min	前面
Side	Fong min	方面
	Bin	邊
Palm	Zoeng	掌
Elbow	Zau	肘
Claw	Zaau	爪
Stance (horse)	Ma	馬
Form (set)	Kyun	拳
1	Jat	一
2	Ji	二
3	Sam	三
4	Sei	四
5	Ng	五
6	Lok	六
7	Cat	七
8	Baat	八
9	Gau	九
10	Sap	十