

Kung Fu Academic Kids
Technical Guide
Children Levels

Level: **Green**



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What is Kung Fu Academic

Kung Fu Academic is a name I gave my brand, under which I present my coaching, competing, research and writing about martial arts. In terms of coaching, the name should provoke academic approach. I aim to be a bridge between two worlds: It is about training and coaching in a smart way, passing complex deep knowledge of Chinese traditional martial art with the use of modern thinking and methods.

About the Kung Fu Style

I am teaching kung fu, traditional Chinese martial arts. There are many very different families of styles, the style I coach and practice is called **Hung Kuen (Hung Gar)**, or sometimes nicknamed Tiger and Crane, and comes from southern China. Therefore, stances are firm and strong, there are 5 animals and 5 elements present in the mindset as well as the techniques, and we have a whole arsenal of weapons. There are no acrobatics of jumping as one could see in modern wushu.

The lineage is important. Not only it shows what exact family is somebody training under, almost like a business card, but it marks some specifications of how certain things are practiced in that lineage, too.

The **lineage** is: Wong Fei Hung > Lam Sai Wing > Lam Jo > Wong Lei > Leung Kam Kwong > Wong Chung Man > Veronika Partikova

The Curriculum and the system of color levels consists of:

Techniques

- Footwork
- Arms Attack
- Legs Attack
- Defense

Forms

- Bare-hand
- With weapons

Others

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

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

Level: Green

Footwork



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

Attack: Arms and Hands



Level punch	Ping ceoi	平搥
Whip punch (side beat)	Bin ceoi	邊搥
Uppercut	Cung ceoi	沖搥
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	啗搥
Hammer fist	Pek ceoi	劈搥
Black tiger	Hak fu zaau	黑虎爪
3 star attack	Saam sing ceoi	三星搥

Level: Green

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 goek	提腿踢腳
Knee stomp			
Sweep		Sou goek	掃腳
		- Variation inside	
		- Variation outside	

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



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



Leg check				Outside/inside
Scissors hands		Zin sau	剪手	Forward
Bong sau		Bong sau	膀手	Outside

Some of the techniques

Keilun ma 麒麟步 Unicorn stance



Level	Forms		Others	Time
	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		Kwan Dao	
		Advanced		Tai Pa	

Children:
1 year

Adults:
1.5 - 2 years