



**Curriculum
2021**

KUNG FU ACADEMIC

Stripes
requirements

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

		Level	Forms		Other
			Barehand	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	

Forms

Bare Hands Sets:

Moi Fah Kyun
Lau Gar Kyun
Gung Zi Fook Fu Kyun
Fu Hok Kyun
Sap Ying Kyun
Tit Sin Kyun

Plus:

Wu Dip Zoeng
Zin Zoeng
Ye Fu

Sparring Sets:

Fuk Hok Doi Caak
Tan Tau Kwan
Spear – Sabre

Plus:

Gung Zi Doi Chaak
Butterfly knives x spear
Daggers x spear
Kwan dao x staff

Long and Soft Weapons:

Hang Ce Pang
Spear Moi Fah Coeng
Lau Gar Kwan
Baat Kwa Kwan
Tai Pa
Kwan Dao

Plus:

Pu Dao
Single Chain Whip
Double Chain Whip

Short Weapons:

Pek Kwa Dai Do
Kwai Lun Gim
San Mun Gim
Butterfly knives

Plus:

Bench
Ji Fai Do