

Kung Fu Academic Kids
Technical Guide
Children Levels

Level: **Yellow**



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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: Yellow

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
• Step backwards	Tau Ma	偷馬
Kneeling stance	Gwai Ma	跪馬

Attack: Arms and Hands



Level punch	Ping ceoi	平槌
Whip punch (side beat)	Bin ceoi	邊槌
Uppercut	Cung ceoi	沖槌
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

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	

Level: Yellow

Defense:



Push hand		Caang zeong	撐掌	Forward/outside
Drill punch		Cau Daa	抽打	Outside



Side pushing hand		Toi sau	推手	Inside
Cover hand		Kam sau	冚手	Down
Pressing elbow		Bik zau	逼肘	Out/down

Some of the techniques

Zau da 揪打 Drill punch



Side kick



Fu dzau 虎爪 Tiger claw



Wu dip choi 蝴蝶翅 Butterfly punch



	Level	Forms		Others	Time
		Bare-hand	Weapons		
Student level	Children only	White	Opening		Children: 1 year Adults: 1.5 - 2 years
		(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	