

Kids Kung Fu

Level 5 Blue Belt Wing Chun Kung Fu Skills

There are a number of skills that are required for the student to have learnt before progressing to the next level. This document outlines each of these skills and their respective parts required for progression to Blue belt level 6.

Siu Nim Tao Form (1st form)

Movements done with an intermediate understanding of structure, relaxation, stance, and focus *(done without following lead)*.

Chum Kiu Form (2nd form)

Movements done with an intermediate understanding of structure, relaxation, stance, and focus *(done without following lead)*.

Biu Jee Form (3rd form)

Movements done with a basic understanding of structure, relaxation, stance, and focus *(done while following lead)*.

Hand Strikes

- Biu Gee Elbow
- Biu Jee Side Slash
- Hook Punch

Techniques (Done with Chum Kiu stepping as required)

- Double Garn Sau vs backfist to Garn Sau Strike to Shoulder Lock
- Double Garn Sau Medium Heel Kick vs high roundhouse kick
- Biu Jee Pierce and Neck Latch Strike

Chi Sau

Done with an advanced level of stance, arm structure, body structure, relaxation, focus, and control.

Sparring

High level sparring testing reflexes, structure, relaxation, advancing, follow up, and technique.