

## 少年兒童強身基礎武術班 CHILDREN'S KUNG FU PROGRAM

The Children's Kung Fu Program follows natural growth stages, focusing on developing balance, coordination, strength, memory, concentration, focus, discipline, humility, cooperation and teamwork. Starting as young as five, children learn respect and discipline in a fun, safe environment. Parents are encouraged to get involved and take an active role in their child's learning.

This is what your child will learn in the program!

### ENTRY LEVEL 少年武術入門班

From day one, your child starts off on the right foot! Entry Level includes flexibility training, eye-hand coordination, mechanics and first principles of blocking and the straight punch. Following the five-element principle, there are five fundamental movement types and balance points. Through the Five Stances and Five Wheel Waist Exercises, children learn how to control their balance in every movement and direction. Finally, the Eight Steps of Shaolin Set puts all the skills together.

Entry Level 武術入門班		
<input type="checkbox"/>	柔順關節功:七法	7-Section Joint Flexibility and Warm-up Training
<input type="checkbox"/>	壓彈腿功:四法	4 Leg Stretches
<input type="checkbox"/>	柔腿操:兩法	2 Swing Kick Exercises
<input type="checkbox"/>	定步溜腿:六法	6 Stretch Stationary Kick Exercises
<input type="checkbox"/>	手架拳法:手四法	4 Empty Hand Techniques
<input type="checkbox"/>	練馬功:五輪馬	5 Basic Stance Training Set
<input type="checkbox"/>	五輪腰馬功	5 Body Wheel Waist Training Exercises
<input type="checkbox"/>	直拳:五法	5 Basic Punching Techniques
<input type="checkbox"/>	少林八大馬步	Eight Steps of Shaolin Training Set ( <i>Siu Lam Baat Daai Ma Bo/ShaoLin Badamabu</i> )
		Entry Level Final Exam <input type="checkbox"/>



**BASIC LEVEL** 少年武術基礎班

This material focuses on the dynamic aspects of kung fu. Moving stretch kicks develop total control and balance. Eight fighting kicks and ten punching techniques cover every direction. The Nine-Movement Footwork Set achieves harmony between speed, balance and stability. Special stances develop internal strength. The Five-Step Fist develops fluid motion and smooth transition between postures. The Five-Wheel Step connects the hip and waist with footwork to move freely and effectively in any direction.

<b>Basic Level</b> 少年武術基礎班					
<input type="checkbox"/>	活步溜腿:六法	6 Moving Stretch Kick Exercises			
<input type="checkbox"/>	拳架功力操	Strength Posture Stance Training			
<input type="checkbox"/>	劈腿功:兩法	2 Split-Leg Training Exercises			
<input type="checkbox"/>	腿法:八法	8 Fighting Kick Techniques			
<input type="checkbox"/>	拳法:十法	10 Punching Techniques			
<input type="checkbox"/>	走馬功:九法	9-Movement Footwork Training Set			
<input type="checkbox"/>	五步拳	Five-Step Fist Training Set <i>(Ng Bo Kuen/Wubuquan)</i>			
<input type="checkbox"/>	五輪步	Five-Wheel Step <i>(Ng Lun Bo/Wulunbu)</i>			
Section Exams	Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Basic Level Final Exam					<input type="checkbox"/>



**GRADE 1** 少年武術一年級

Three-section foundation training develops skills of the upper, middle and lower body. Each part is trained to develop flexibility, power, strength and endurance. Children also learn punching and kicking skills, footwork and step training. Partner hand technique training develops understanding of the techniques as well as cooperation and respect for others. The Southern Foundation Fist develops Southern style punching, bridge arm, palm and footwork techniques. The Northern Longfist Set introduces the characteristic movements of Northern style kung fu. Foundation training in long (staff and spear) and short weapons (broadsword and longsword) teaches advanced coordination, focus and strengthening skills. Finally, your child will learn two Southern kung fu weapons: the Southern Staff and Southern Broadsword.

<b>Grade 1</b> 少年武術一年級					
<input type="checkbox"/>	三盤基本功	Three-Section Foundation Skills Training			
<input type="checkbox"/>	百把行拳功力操	Power Punching Technique Training			
<input type="checkbox"/>	實手對練組合	Partner Hand Technique Training			
<input type="checkbox"/>	長拳一路	Longfist Form, First Row <i>(Cheung Kuen Yat Lo/Changquanyilu)</i>			
<input type="checkbox"/>	一路南拳	Southern Fist Form <i>(Yat Lo Nam Kuen/Yilunanquan)</i>			
<input type="checkbox"/>	五輪步	Five-Wheel Step <i>(Ng Lun Bo/Wulunbu)</i>			
<input type="checkbox"/>	長兵器組合 (棍槍)	Long Weapons Foundation Training <i>(Staff and Spear)</i>			
<input type="checkbox"/>	短兵器組合 (刀劍)	Short Weapons Foundation Training <i>(Broadsword &amp; Longsword)</i>			
<input type="checkbox"/>	南門棍	Southern Staff <i>(Naam Moon Gwan/Nanmengun)</i>			
<input type="checkbox"/>	南方刀	Southern Broadsword <i>(Naam Fong Do/Nanfangdao)</i>			
Section Exams	Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Grade 1 Final Exam					<input type="checkbox"/>



**GRADE 2** 少年武術二年級

Here, your child learns intermediate level flexibility, strengthening and coordination exercises for the entire body, hand and leg techniques, and tumbling and rolling skills. Special forms such as 'Loyalty and Justice Form' *Jung Yi Kuen* are said to instil morals and martial ethics. Building on their weapons foundation, your child will learn internationally recognized weapons forms for the staff, broadsword, spear and longsword.

Grade 2 少年武術二年級					
<input type="checkbox"/>	三盤強化功	Three-Section Strengthening Training			
<input type="checkbox"/>	腿技組合	Fundamental Leg Techniques			
<input type="checkbox"/>	手法組合	Fundamental Hand Techniques			
<input type="checkbox"/>	跌扑翻滾法	Tumbling and Rolling Skills			
<input type="checkbox"/>	手部圓律功	Arm Circle Orbit Movement Training			
<input type="checkbox"/>	忠義拳	'Loyalty and Justice Boxing' Form ( <i>Jung Yi Kuen/Zhongyiquan</i> )			
<input type="checkbox"/>	入門棍	Entry Staff Form ( <i>Yat Moon Gwan/Rumengun</i> )			
<input type="checkbox"/>	入門槍	Entry Spear Form ( <i>Yat Moon Cheung/Rumenqiang</i> )			
<input type="checkbox"/>	入門刀	Entry Broadsword Form ( <i>Yat Moon Do/Rumendao</i> )			
<input type="checkbox"/>	入門劍	Entry Longsword Form ( <i>Yat Moon Gim/Rumenjian</i> )			
Section Exams	Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Grade 2 Final Exam					<input type="checkbox"/>



### GRADE 3 少年武術三年級

In Grade 3, your child will study advanced punching and kicking techniques, flexibility training for the lower body and Internal Health and Wellness Training. This special aspect of our program benefits growing children by fortifying their immune system, helping with memory, concentration and focus, and promoting optimal growth and development. The Shaolin Strong and Noble Fist and Eight Step Continuous Boxing, two famous sets, and the first section of Tan's Kicking Style a quintessential form in kung fu, are learned. Two additional weapons forms are Children's Staff and Broadsword. Your child's first special weapon is the Double Daggers form, developing bilateral coordination. Finally, Advanced partner skills are studied in the Two-Person Combat Skills Form.

Grade 3 少年武術三年級					
<input type="checkbox"/>	內壯保健功法	Internal Health and Wellness Training			
<input type="checkbox"/>	拳腳組合	Fundamental Kicking and Punching Techniques			
<input type="checkbox"/>	腳部圓律功	Lower Limb Circle Orbit Exercises			
<input type="checkbox"/>	少林壯士拳	Shaolin 'Strong and Noble Fist' <i>(Siu Lam Jong Si Kuen/ShaoLin Zhuangshiquan)</i>			
<input type="checkbox"/>	精武潭腿前六路	Jing Wu Tan's Kicking Style <i>(first six rows)</i> <i>(Jing Mo Taam Tui Kuen/Jingwutantuiquan)</i>			
<input type="checkbox"/>	雙匕首	Double Daggers Form <i>(Seung Bei Sau/Shuangbishou)</i>			
<input type="checkbox"/>	少林八步連環	Shaolin Eight Step Continuous Circle <i>(Siu Lam Baat Bo Lin Waan/ShaoLinbabulianhuan)</i>			
<input type="checkbox"/>	少年棍	Children's Staff Form <i>(Siu Nin Gwan/ShaoNiangun)</i>			
<input type="checkbox"/>	少年刀	Children's Broadsword Form <i>(Siu Nin Do/ShaoNiandao)</i>			
<input type="checkbox"/>	連手拆打拳	Two-Person Combat Skills Form <i>(Lin Sau Chaak Da Kuen/Lianshoucadaquan)</i>			
Section Exams	Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Grade 3 Final Exam					<input type="checkbox"/>



## GRADE 4 少年武術四年級

Attack and defense skills are safely developed through systematic sparring training. Other famous sets of kung fu include the completion of the Tan Kicking Style and Eighteen Luohan Fist. Advanced weapons include the spear and longsword, Long Handled Broadsword, Double Hard Whip, Eight Step Continuous Boxing Two-Person Form, Fighting Staff Form, and Double Daggers vs Spear. Each set teaches a unique group of skills to challenge and inspire your child in their studies. Partner work continues to instil confidence, humility and teamwork.

Grade 4 少年武術四年級						
<input type="checkbox"/>	技擊入門訓練	Introduction to Sparring Training				
<input type="checkbox"/>	精武潭腿後六路	Jing Wu Tan's Kicking Style <i>(last six rows)</i> <i>(Jing Mo Taam Tui KuenJingwu Tantuiquan)</i>				
<input type="checkbox"/>	少林羅漢十八手	Shaolin Luohan (Arhat) Eighteen Hands <i>(Siu Lam Loh Hon Sap Baat Sau/ShaoLin Luohanshibashou)</i>				
<input type="checkbox"/>	少年槍	Children's Spear Form <i>(Siu Nin Cheung/Shaoonianqiang)</i>				
<input type="checkbox"/>	少年劍	Children's Longsword Form <i>(Siu Nin Gim/Shaoonianjian)</i>				
<input type="checkbox"/>	斬馬刀	Long Handled Broadsword Form <i>(Jam Ma Do/Zhanmadao)</i>				
<input type="checkbox"/>	大陣雙鏢	'Great Battle Formation' Twin Hard Whip <i>(Daai Jan Seung Laan/Dazhenshuanglan)</i>				
<input type="checkbox"/>	少林八步連環	Shaolin Eight Step Continuous Circle Two-Person Form <i>(Siu Lam Baat Bo Lin Waan Dui Chaak/ShaoLin Babulianhuanduica)</i>				
<input type="checkbox"/>	雙頭棍對打	Double End Two-Person Fighting Staves <i>(Shuang Tau Gwan Dui Da/Shuangtougunduida)</i>				
<input type="checkbox"/>	雙匕首進槍	Double Daggers vs Spear <i>(Seung Bei Sau Jun Cheung/Shuangbishoujinqiang)</i>				
Section Exams		Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Grade 4 Final Exam					<input type="checkbox"/>	



## GRADE 5 少年武術五年級

The sets learned here coincide with physiological development stages and are nurturing and beneficial. Six Row Springing Legs Boxing trains the muscles, tendons and ligaments. Single Bow Subduing the Tiger and Strength and Effort Boxing forms develop concerted strength and body coordination. The Plum Flower Double Broadwords is a breathtaking and dramatic set. Finally, additional empty hand and weapons sets are learned with a partner. By focusing with a partner and perfecting the timing required in these sets, the control and execution of solo efforts is greatly enhanced.

Completion of the Children's Kung Fu is a true accomplishment for any child, and the lessons of humility, respect, cooperation and self-discipline will carry through to their adult lives.

Grade 5 少年武術五年級					
<input type="checkbox"/>	功底強化操	Foundation Strengthening and Conditioning Training			
<input type="checkbox"/>	六路彈腿拳	Six-Row Springing Legs Boxing ( <i>Luk Lo Daan Tui Kuen/Liuludantuiquan</i> )			
<input type="checkbox"/>	單弓伏虎拳	Single Bow Subduing the Tiger ( <i>Daan Kung fuk Foo Kuen/Dangongfuhuquan</i> )			
<input type="checkbox"/>	功力拳	Strength and Effort Boxing ( <i>Gung Lik Kuen/Gongliquan</i> )			
<input type="checkbox"/>	梅花雙刀	Plum Flower Double Broadwords ( <i>Mooi Fah Seung Do/Meihuashuangdao</i> )			
<input type="checkbox"/>	羅漢十八手對打	Luohan Eighteen Hands Two-Person Set ( <i>Loh Hon Sap Baat Sau Dui Da/Luohanshibashouduida</i> )			
<input type="checkbox"/>	大陣鏢對打	'Great Battle Formation' Double Hard Whips Fighting Set ( <i>Daai Jan Seung Laan Dui Chaak/Dazhenshuanglanduica</i> )			
<input type="checkbox"/>	單刀進槍	Broadsword vs Spear ( <i>Daan Do Jun Cheung/Dandaojinqiang</i> )			
<input type="checkbox"/>	小擒拿對練	Children's Two-Person Locking Skills ( <i>Siu Kam Na Dui Lin/Xiaoqinnaduilian</i> )			
<input type="checkbox"/>	搏擊實作	Two-Person Technique Fighting Set ( <i>Bok Gik Sat Jok/Bojishizuo</i> )			
Section Exams	Section I <input type="checkbox"/>	Section II <input type="checkbox"/>	Section III <input type="checkbox"/>	Section IV <input type="checkbox"/>	Section V <input type="checkbox"/>
Grade 5 Final Exam					<input type="checkbox"/>

See also Advanced Additional Children's Studies