

Transitioning from Youth Kung Fu to Adult Wing Chun Classes

In Youth Kung Fu the main focus of your Wing Chun training has been the Forms, Footwork and Self Defence. As you now progress into the Adults Wing Chun class, there are some extra areas that you will need to study in order for you to develop your Wing Chun to be the same as the other adults training at your level.

What's the same as Youth Kung Fu?

- Training SG1-4 in the first class, training SG5-12 in the second class.
- You will be training with students from all the levels in the class.
- Focus on improving our Wing Chun.
- Siu Nim Tao, Footwork, Hand Form, Chum Kiu.
- Padwork exercises.
- Grabs part of the self defence.
- Intermediate and Senior Self Defence; this is incorporated throughout the adult Lat Sau programme.

What's different to Youth Kung Fu?

- The games are more Wing Chun and Self Defence related.
- There are two extra areas of training; Chi Sau and Lat Sau (tactile and visual training).
- More form applications.
- No padwork forms.
- Beginner gradings take place every 3 months and cost £15.
- Intermediate gradings take place every 4 months and cost £20.
- Senior gradings take place every 4 months and cost £25.

How you progress: if you have not passed SG4

- You will train with the other Beginner Students until you have covered any material you have not studied in YKF until you are ready to take your next grade.

How you progress: if you have passed SG4, but not SG8

- You will train with the students going for their SG4 until you have covered all the SG4 material, and then take part in the SG4 grading to be tested on that material.
- Once you have passed this, you will get an Intermediate WC T-shirt and join the Intermediate group in the second class to start learning the new material for the Intermediate grades until you are ready to take your next grade.

How you progress: if you have passed SG8, but not SG12

- You will train the SG4 material as above until you are ready to join the Intermediate class.
- You will then train with the students going for their SG8 until you have covered all the SG8 material, and then take part in the SG8 grading to be tested on that material.
- Once you have passed this, you will get a Senior WC T-shirt and join the Senior group to start learning the new material for the Senior grades until you are ready to take your next grade.

How you progress: if you have passed SG12

- You will train with the students going for their SG4 until you have covered all the SG4 material, and then take part in the SG4 grading to be tested on that material.
- You will then train with the students going for their SG8 until you have covered all the SG8 material, and then take part in the SG8 grading to be tested on that material.
- You will then train with the students going for their SG12 until you have covered all the SG12 material, and then take part in the SG12 grading to be tested on that material.
- Once you have succeeded in this, you will join the Advanced group and start learning the new material for the Technician grades with the other Advanced students. You must be 18 or older to take the TG exams.

You can get an up-do-date syllabus sheet for all grades from our website (at the bottom of the Wing Chun page), and use it in each class to work through all the material you know and have yet to learn.

We hope you make a smooth transition into the adult classes. We wish you luck in training at a more mature level and hope you enjoy this new challenge.

If you have any questions, please speak to an instructor in class or email us at email@cambridgekungfu.com.