

7SG Apprentice-Level Syllabus Intermediate Stage (7-9SG)



Strategy	Objective	Remove yourself from danger	
	Plans	PF: Wait in balance, maintaining your chosen distance IR: <i>Pre-empt</i> hostile movement if possible & <i>maintain offensive</i> IF: Move to control the space to achieve objective	
	Strategies	All Primary Strategies All Secondary Strategies	
	Tactics	for <i>Close-Range</i> Passing Attacks & Counter-Attacks	
Theory	Concepts	The <i>A-B-C-D-E</i> Concept Use of the <i>Chaff</i> Concept to assist evasion Use of the <i>Strafing</i> Concept when planning attacks	
	Principles	The <i>Contact</i> Principles (Forward, Stick, Yield, Follow) The <i>Power</i> Principles (Give Up, Get Rid, Assist, Add)	
Technical	Forms	The “Whole-Body” SNT	Apply correct use of <i>Bodyweight</i> Improve your <i>Precision</i>
	Chi-Sao	CK-CS	(1) Inside Fook / Kwai-Sao Cycle Transitions & Links (SNT > CK-CS)
Practical	Basic Attacks	Solve all 4SG problems using 7SG strategies & tactics	
	Bridging Attacks	All <i>Outside</i> Attacks	Direct Engagement Evade > Counter > Engage
	Situational Drills	for Forced Engagement	to Zones 1+2 after Failed Attacks or Counter-Attacks
	Sparring Drills	Free-Flow (Slow)	1-for-0, 1-for-1, 2-for-1
Physical	Striking Drills	for Ding-Jarn (Butting-Elbow) Repeat 1-3SG Punching Drills, now with <i>All-Range</i> power to all valid targets, combined with footwork	
	Coordination Drills	for the <i>Outside</i> defensive transitions of your Zone 5 for all <i>Evasion</i> transitions vs. <i>Outside</i> Bridging Attack 1's / 2's	