

# Jeet Kune Do & Kali Drills—Year 2

First third

## Boxing body cover series:

Pad holder throws left body hook.

Right arm lowers to defend hook, return with uppercut, hook and cross.

Pad holder throws right body hook.

Left arm lowers to defend hook, return with a cross, hook and a cross

## Muay Thai R kick start

1. Left round kick - cross - hook - left round kick
2. Left round kick - cross - hook - right round kick
3. Left round kick - cross - hook - right knee
4. Left round kick - cross - hook - right elbow
5. Left round kick - cross - hook - cross

## Trapping from reference

1. Pak sao - gua chuie - lop sao - gua chuie - gum sao - jik chung
2. Pak sao - gua chuie - loi pak sao - jik chung - sut sao
3. Pak sao - gua chuie (stopped) - lop sao with jik chung - sut sao - gum sao - jik chung

## Stick

3 disarms of angles 1—5

Amerra figure 8 family

3 and 5 count sumbrada

Flow of heaven, standard and earth

Stick test

## Stick and knife

Stick and knife, 4 and 5 open and closed

Gunting angles 1 - 5

## Sparring

Boxing

## Shadow boxing

Showing all the skills you have learnt of this syllabus, with and without a stick (kerenza)

