

Jeet Kune Do & Kali Drills—Year 3

Muay Thai

- *17 count drill*
 1. Left foot jab
 2. Left round kick
 3. Right cross
 4. Left hook
 5. Right knee (defence against a right cross)
 6. Left elbow
 7. Right elbow
 8. Right knee (defence against a right cross)
 9. Right round kick
 10. Left hook
 11. Right cross
 12. Left round kick
 13. Right knee
 14. Right round kick
 15. Left hook
 16. Right cross
 17. 6 skip knees

17 Count

