

1st Degree JKD Black Belt

Warm Up

Sprints
60 Push Ups
60 Sit Ups
60 Jump Jacks
Shuttle Runs
Double Stick Warm Ups

Kali

Single Stick
Blocking Angles 1 To 14 With Fast Counter Striking

Double Stick

San Raphael - Advanced
San Oriel
Double Stick Punyo 6 To 10
Stick Disarms (5)
Double Stick Sumbrada - Free Flow To Include Stick Disarms

Stick & Knife

Contrades
Double Knife Flow Drill
Knife Disarms From Angles 1 To 5

Jun Fan

Pak Sao/Lop Sau Trapping Sets 1 To 5 (Pad Work)
Ping Choie/Gua Choi 1 To 5 (Pad Work)
Juk Tek Counter Series
1/2 & 1/3 Series (Glove Drills)

Wing Chun

Demonstrate With Partner And Explain Each Technique
Pak Sao - Slapping Hand
Lop Sau - Pulling Hand
Fuk Sau - Prostrating Hand
Jao Sao - Running Hand
Tan Sao - Dispersing Hand
Jut Sao - Choking Hand

Pananatukan

Jab – Cross Series Panantukan
Parry The Jab – Outside Entry (2) – Elbow To Outer Arm – Clear The Arm – Right Elbow To Face – Right Knee – Windmill Throw – Figure 4 Lock
Parry The Jab – Outside Entry (2) – Elbow To Outer Arm – Step The Left Leg Through With Left Arm Underneath – Then Drop Left Knee On Floor – Hold The Right Hand And Spin For Throw – Hold The Right Hand And Shoulder Lock With Knee
Parry The Jab – Split Entry With The Right – Switch To Vertical Elbow (Left Hand Connects To Their Right Arm) – Then Right Hand Grabs The Head And Pulls Down – Left Elbow To Their Head – Then Spin Them To Takedown – Figure 4 Lock
Parry The Jab – Inside Backhand Gunting – Left Vertical Elbow To Chest – Left Thumb In The Eye – Right Bui Gee To Throat – Grab The Head With The Right – Right Knee – Windmill Throw – Figure 4 Lock

Silat

Buah Kicking Series 1 To 4
Lelut Series 1 To 5

Sparring

Boxing
Thai Boxing
Knife Vs Knife
Single Stick
Double Stick
Single Stick Vs Double Stick

