

Jeet Kune Do Syllabus

Year 3 – Phase C

Warm Up

30 Press Ups

30 Sit Ups

30 Jump Jacks

Shadow Boxing

Kali Warm Up

Double Stick Abecedario

6 Count - Inward - Backhand - Backhand Family (High-Low-High, Low - High – Low, Kob-Kob)

Hu Bud - Full Range

Thai Boxing

Knee Entries - Kicks

Pad Holder Throws Round Kick - Knee - Elbow - Elbow

Pad Holder Catches Your Kick - Clinch And Pull Leg Back With Knee - Elbow - Elbow

Scoop Teep - Right Knee - Elbow - Elbow

18 Count

Jun Fan

Trapping To Clinch

Pak Sao The Jab - Backfist – Single Neck Clinch - Cross - Hook - Cross - Shuffle Kick

Pak Sao The Jab - Backfist – Single Neck Clinch - Rear uppercut - Hook - Cross - Shuffle Kick

Pak Sao The Jab - Backfist - Loi Pak - Full Clinch - Rear Knee - Switch Knee - Rear Knee

Pak Sao The Jab - Backfist - Lop Sao - Single Neck Clinch - Rear Horizontal Elbow - Lead Horizontal Elbow - Cross - Hook - Shuffle Kick

Panatukan

Triple Jab Series

Triple Jab

Triple Jab - Sway Back And Gunting

Triple Jab - Sway Back, Gunting And Cross

Triple Jab - With Split Entry Vs Cross

Triple Jab - Cover With Uppercut - Hook - Cross

Triple Jab - With Split Entry To Catch – Takedown

Kali

Single Stick

Disarms From Any Angle

Punio Sumbrada

Cinco Cinco

Double Stick

San Raphael - With Paye Paye

Gunting Angles 1 To 5 - Using Right & Left For Strikes And Returns

Knife

Palasut With Disarms

Sparring

Double Stick

