

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

