

# Jeet Kune Do & Kali Drills—Year 3

## Boxing body cover series:

Parry - grab - knee - elbow - elbow  
Split entry - knee - elbow - elbow  
Switch knee under jab - elbow - elbow  
Rear knee under cross - elbow - elbow

## Kali empty hand trapping

## CSW

Double leg  
Arm bar  
Triangle

## Stick

4 disarms of every angle  
3 count box pattern  
Inside deflections with follow ups

## Double stick

10 count series  
1) IIIBB IIIBB  
2) IBIBB IBIBB  
3) IBBBB IBBBB  
4) BIBIB BIBIB

## Stick and knife

Snake and bridge series (3)

## Sparring

Single stick

## Shadow boxing

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

First third

