

# Jeet Kune Do & Kali Curriculum

## Phase 10 - Black

### 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 and 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 sets

#### 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 combinations

- Buah kicking series 1 to 4
- Lelut Series 1 to 5

### CSW (Combat submission wrestling)

- Single leg takedown to knee bar
- Anaconda throw to anaconda submission

### Defence from

- Arm bar
- Kimura
- Triangle
- Arm triangle

### Sparring

- Boxing
- Thai Boxing
- Knife vs knife
- Single stick
- Double stick
- Single stick vs double stick

### Research element

- Give a written presentation of your understanding & history of Jeet Kune Do (minimum of 1500 words)

