

Jeet Kune Do & Kali Drills—Year 2

Hu Bud Arm wrench pick up back hand & Inside parry to sut sao

Boxing body cover series:

Pad holder throws left body hook.

Right arm lowers to defend hook, return with uppercut, hook and cross.

Pad holder throws right body hook.

Left arm lowers to defend hook, return with a cross, hook and a cross

Muay Thai R kick start

1. Left round kick - cross - hook - left round kick
2. Left round kick - cross - hook - right round kick
3. Left round kick - cross - hook - right knee
4. Left round kick - cross - hook - right elbow
5. Left round kick - cross - hook - cross

Trapping from reference

1. Pak sao - gua chui - lop sao - gua chui - gum sao - jik chung
2. Pak sao - gua chui - loi pak sao - jik chung - sut sao
3. Pak sao - gua chui (stopped) - lop sao with jik chung - sut sao - gum sao - jik chung

Stick

3 disarms of angles 1—5

Amerra figure 8 family

3 and 5 count sumbrada

Flow of heaven, standard and earth

Stick test

Stick and knife

Stick and knife, 4 and 5 open and closed

Gunting angles 1 - 5

Sparring

Boxing

Shadow boxing

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

First third

