

Jeet Kune Do & Kali Drills—Year 3

Hu Bud Full range

Thai Boxing Knee Entries (from a punch):

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) IIIIBB IIIIBB

2) IBIBB IBIBB

3) IB BBBB IB BBBB

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

