



Jeet Kune Do Syllabus

Year 3 – Phase B

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 - Wide Hook
Cover & Grab - Knee - Elbow - Elbow Wrap - Knee - Elbow - Elbow
Duck Under - Knee - Elbow – Elbow

17 Count

Kali

Sliding Finger Jab Series
1. Finger Jab Over Jab, Return With Overhand, Uppercut, Overhand Grab Head With Right Hand And Right Knee
2. Finger Jab Over Jab And Cross, Return With Overhand, Uppercut, Overhand Grab Head With Right Hand And Right Knee
3. Finger Jab Over Jab And Waslik Cross, Return With Left Overhand, Uppercut, Over Hand. Grab Head With Left Hand Step In With Left Knee

Single Stick

Disarms From Any Angle
Illustrisimo Amerra
1. 1, 2, 1 And 1
2. 1, 2, 2 And 1
3. 1, 2, 1 And 8
4. 1, 2, 11 And 1
Outside Deflections With Follow Ups

Double Stick

Back Hand Series
1. High - High - High
2. High - Low - High,
3. Low - Low - Low
4. High - High - Low

Knife

Knife Evasions follow up with 5 angles
1. Lastico
2. Lead Leg Back
3. Step & Slide Back

Sparring

Jun Fan Kickboxing

