

Jeet Kune Do Syllabus

Year 1 – Phase B



Warm Up

20 Press Ups
20 Sit Ups
20 Jump Jacks
Shadow Boxing

Kali Warm Up

Double Stick Abecedario
4 Count - Inward - Backhand Family (High-High, High-Low, Low-High, Low-Low)
Hu Bud - Vertical Punch To Include Offence And Defence Exchanges

Boxing

3 Counts
1. Jab - Cross - Hook
2. Jab - Cross - Uppercut
3. Cross - Hook - Cross
4. Cross - Uppercut - Cross
5. Jab - Hook - Cross

Thai Boxing

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

Jun Fan

Trapping

1. Pak Sau - Backfist - Cross - Hook - Cross - Shuffle Kick
2. Pak Sau - Backfist - Lop Sau - Backfist - Cross - Hook - Cross - Shuffle Kick

Kickboxing - 1 - 2 Series

1. Parry Jab - Shoulder Roll - Cross - Hook - Cross - Shuffle Kick
2. Right Parry - Shoulder Roll With Jeet Tek - Cross - Hook - Cross - Shuffle Kick

Panantukan

Entry 3 - Lead Horizontal Elbow - Rear Horizontal Elbow - Clinch - Rear Knee
Entry 4 - Rear Uppercut - Hook - Cross - Dum Tek - Shuffle Kick

Kali

Single Stick
Angles 1 - 8 With Footwork
5 Disarms Of Angle 2
3 Count Sumbrada

Double Stick

Standard Six & Umbrella Six

