

# Jeet Kune Do & Kali Drills—Year 3

## Muay Thai

### 18 count drill

1. Left leg shin block from a right leg round kick
2. Left cut kick
3. Bring the left leg back, round kick
4. Cross
5. Hook
6. Right leg round kick
7. Pad holder throws lead leg front teap, scoop the teap with the lead hand
8. Right leg round kick (take the leg back)
9. Left leg round kick
10. Right cross
11. Left hook
12. Right leg round kick
13. Pad holder throws right cross, shoulder stop the cross with a lead hand
14. Right cross
15. Left hook
16. Right horizontal elbow
17. Right knee
18. Right round kick

18 Count

