

# Jeet Kune Do Syllabus

## Year 2 – Phase B

### Warm Up

25 Press Ups

25 Sit Ups

25 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 - Bong Sao To Sut Sau - Pak Sao - Gau Choi

### Thai Boxing

Kick Cover Series

1. Right Round Kick - Left Shin Block - Right Round Kick
2. Right Round Kick - Left Shin Block - Right Low Kick - Double Switch Round Kick
3. Right Round Kick - Left Shin Block - Left Inside Low Kick - Double Right Round Kick
4. Catch Lead Teep With Left Hand - Scope - Right Low Round Kick - Double Switch Kick
5. Catch Rear Teep With Right Hand - Scope - Left Inside Low Kick - Double Right Round Kick

### Panantukan

Horizontal Gunting - Foot On - Overhand - Uppercut - Overhand

Split Entry To Horizontal Gunting - Foot In - Overhand - Uppercut - Overhand

Vertical Gunting - Foot Out - Overhand - Uppercut – Overhand

### Silat

From A Jab

1. Gunting - Knee Takedown
2. Gunting - Foot on with pull
3. Gunting - Outside foot with pull
4. Gunting - Behind Foot with chop
5. Gunting - Baseball Slide

### Jun Fan

Kickboxing - 1 - 3 Series

1. Parry And Cover - Cross - Hook - Cross - Shuffle Kick
2. Parry And Bob And Weave - Cross - Hook - Cross - Shuffle Kick
3. Parry And Cover With A Jab At The Same Time - Cross - Hook - Cross - Shuffle Kick
4. Parry And Deep Salut - Downward Hammerfist - Uppercut Cross - Hook - Cross - Shuffle Kick
5. Parry And Crash The Line With Cross - Hook - Cross - Shuffle Kick

### Kali

Single Stick

5 Disarms Of Angle 5

Amerra Abinaco 4 Family

3 And 5 Count Sumbrada

### Double Stick

Flow Of Heaven, Standard And Earth

Stick Test 6 To 14

Empty Hand

Kunsi Flow

Stick & Knife

6, 7 & 8 Open

### Sparring

Jun Fan Kickboxing

