

Jeet Kune Do & Kali Drills—Year 1

Second third

Boxing 3 counts

1. Jab, cross, hook
2. Jab, cross, uppercut
3. Cross, hook, cross
4. Cross, uppercut, cross
5. Jab, hook, cross

Panantukan 1-14 is of reference, 7 one side, 7 other side

Of a jab and a cross

1. Normal Outside entry
2. Cross Parry Outside Entry - Outside cross parry & Outside Eye jab
3. Cross Parry Split Entry (from outside) - Outside cross parry & Inside eye jab
4. Outside Reverse Split Entry - Outside parry with rear hand & inside uppercut

Basic trapping of a jab

1. Pacsau, backfist. Cross, hook, cross, shuffle kick
2. Pacsau, backfist, lopsau backfist. Cross, hook, cross, shuffle kick

Jun fan 1—2 series

3. Right parry – shoulder roll – cross – hook – cross – O'ou tek
4. Right parry – shoulder roll with Jeet Tek – cross – hook – cross – O'ou tek

Stick

- Angles 1—8 with correct footwork
- 2 disarms of angles 1—5
- 3 count sumbrada
- Standard six
- Umbrella

Shadow boxing

Showing all the skills you have learnt of this syllabus, with and without a stick (kerenza)

