

Jeet Kune Do Syllabus

Year 2 – Phase C

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 - Over And Under Pummelling & Bicep Pummelling

Jun Fan

Jun Fan 1-2 Advanced

1. Parry The Jab - Sway Back - Cross - Hook - Cross - Shuffle Kick
2. Parry The Jab - Duck - Cross - Hook - Cross - Shuffle Kick
3. Parry The Jab - Slip Inside - Cross - Hook - Cross - Shuffle Kick
4. Parry The Jab - Slip Outside - Hook - Cross - Hook - Shuffle Kick
5. Parry The Jab - Tan Sao - Hook - Cross - Hook - Shuffle Kick
6. Parry & Hit The Stomach/Chest - Hook - Cross - Hook - Shuffle Kick

Trapping With Biu Sao

All Of The Below Set Up With A Biu Gee (Eye Jab) & O'ou Tek (Shuffle Kick)
Pak Sao Da - Biu Sao - Lop Sao With Chung Chuie - Pak Sao Da
Pak Sao Da - Biu Sao - Pak Sao Da - Lop Sao Da - Pak Sao Da
Pak Sao Da - Biu Sao - Lop Sao - W/Slant Punch - Gum Sao Da

Muay Thai

15 Count

Panantukan

Backhand Gunting – Sweep - Overhand - Uppercut - Overhand
Salute - Sail - Overhand - Uppercut - Overhand
Crash The Line - Lift - Overhand - Uppercut - Overhand

Kali

Single Stick

Disarms From Any Angle
Amerra Redondo 4 Family
3 And 5 Count Sumbrada

Double Stick

Flow Of Heaven, Standard And Earth
Stick Test

Stick And Knife

Double Wrap Series

Sparring

Thai Boxing

