

# Jeet Kune Do & Kali Drills—Year 3

## Muay thai knee entries - wide hook

Cover & grab - knee - elbow - elbow

Wrap - knee - elbow - elbow

Duck under - knee - elbow - elbow

## Muay thai 17 count, see attached sheet

## Sliding finger jab series

1) Finger jab over jab, return with overhand, uppercut, overhand grab head with right hand and right knee

2) Finger jab over jab and cross, return with overhand, uppercut, overhand grab head with right hand and right knee

3) Finger jab over jab and waslick cross, return with left overhand, uppercut, over hand. Grab head with left hand step in with left knee

## CSW

Single leg

Kimura

Arm triangle

Star drill 1 & 2

## Stick

4 disarms of every angle

Illustrisimo Amerra

1) 1, 2, 1 and 1

2) 1, 2, 2 and 1

3) 1, 2, 1 and 8

4) 1, 2, 11 and 1

Outside deflections with follow ups

## Double stick

Back hand series

1) H, H, H

2) H, L, H

3) L, L, H

4) H, H, L

## Knife

Knife evasions (3 principles) 1) Lastico 2) Lead leg back 3) Step & slide back

## Sparring

Jun fan kickboxing

## Shadow boxing

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

Second third

