

Jeet Kune Do & Kali Drills—Year 3

Muay thai knee entries - kicks

Pad holder throws round kick - knee - elbow - elbow

Pad holder catches your kick - clinch and pull leg back with knee - elbow - elbow

Scoop teep - right knee - elbow - elbow

Muay thai 18 count, see attached sheet

Triple jab series

1)Triple jab

2)Triple jab - sway back and gunting

3)Triple jab - sway back, gunting and cross

4)Triple jab - with split entry vs cross

5)Triple jab - cover with uppercut - hook - cross

6)Triple jab - with split entry to catch - takedown

CSW

Star drill 1 & 2

Egyption 1 - 8

Chiefton 1 - 5

Stick

4 disarms of every angle

Single stick flow

Cinco Cinco

Double stick

San Raphael - with paye paye

Knife

Palasut with disarms

Sparring

Double stick

Shadow boxing

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

Third third

