

# Jeet Kune Do & Kali Drills—Year 3

First third

Thai Boxing Knee Entries (from a punch):

- Parry - grab - knee - elbow - elbow
- Split entry - knee - elbow - elbow
- Switch knee under jab - elbow - elbow
- Rear knee under cross - elbow - elbow

Kali empty hand trapping

CSW

- Double leg
- Arm bar
- Triangle

Stick

- 4 disarms of every angle
- 3 count box pattern
- Inside deflections with follow ups

Double stick

- 10 count series
- 1) III BB III BB
- 2) IB IB IB IB
- 3) IB BB IB BB
- 4) BI BI BI BI

Stick and knife

- Snake and bridge series (3)

Sparring

- Single stick

Shadow boxing

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

