

Jeet Kune Do & Kali Drills—Year 1

Hu Bud Hammerfist Inc. exchange

Boxing 1-6; 1, Double jab, cross

2, jab, cross, hook, cross

3, R uppercut, hook cross

4, Jab cross, bob weave L hook, cross, hook, cross

5, Jab, shuffle in, L body hook, L head hook, cross

6, Jab, cross, body weave with left hook, uppercut, hook cross

Muay Thai R kick start

1. Right round kick - hook - cross - left round kick

2. Right round kick - hook - cross - right round kick

3. Right round kick - hook - cross - right knee

4. Right round kick - hook - ross - right elbow

5. Right round kick - hook - cross – hook

Basic trapping of a jab

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

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

Panantukan

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

Jun fan 1—2 series

1. Parry both jab and cross, return cross, hook, cross and shuffle kick

2. Parry jab, finger jab over cross, return cross, hook, cross and shuffle kick

Stick

Angles 1—8 with correct footwork

2 disarms of angles 1—5

Heaven six

Redondo

Knife

Angles 1—5 with correct footwork with normal grip

Partner flow using back of hand showing correct footwork

Shadow boxing

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

First third

