

Jeet Kune Do & Kali Drills—Year 2

Hu Bud Bong sao to sut sau, pak sao, Gau choi & Kungsi flow

Silat

From a jab

1. Sway back gunt - knee press to ankle takedown
2. Sway back gunt - drop to right knee - left foot on their foot - right arm grabs behind knee and pulls down - left round kick - right sickle kick - to get up
3. Sway back gunt - drop to right knee - left foot on the outside of their foot - both arms grabs behind knee and pulls down - left round kick - right sickle kick - to get up
4. Sway back gunt - drop to right knee - left arm goes across body - left leg behind both legs - push arm across and sweep both legs - left round kick - right sickle kick - to get up
5. Sway back gunt - grab lead arm with your left - baseball slide to takedown - left round kick - right sickle kick - to get up

Muay Thai kick cover series

1. Right round kick - left shin block - right round kick
2. Right round kick - left shin block - right low kick - double switch kick
3. Right round kick - left shin block - left inside low kick - double right round kick
4. Catch lead teep with left hand - scope out of the way - right low kick - double switch kick
5. Catch rear teep with right hand - scope out of the way - left inside low kick - double right round kick

Jun fan 1 - 3 series

Attack with jab lead hook

1. Parry and cover - cross - hook - cross - O'ou tek
2. Parry and bob and weave - cross - hook - cross - O'ou tek
3. Parry and cover with a jab at the same time—cross - hook - cross - O'ou tek
4. Parry and deep salout - downward hammerfist - uppercut cross - hook - cross - O'ou tek
5. Parry and crash the line with cross - hook - cross - O'ou tek

Stick

3 disarms of angles 1—5

Amerra abinaco 4 family

3 and 5 count sumbrada

Flow of heaven, standard and earth

Stick test

Stick and knife

Stick and knife, 6, 7 and 8 open

Gunting angles 1 - 5

Knife palasut

Sparring

Kickboxing

Shadow boxing

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

Second third

