

Jeet Kune Do Syllabus

Year 2 – Phase A



Warm Up

25 Press Ups
25 Sit Ups
25 Jump Jacks
Shadow Boxing

Kali Warm Up

Double Stick Abecedario
6 Count - Inward - Backhand - Backhand Family (High-Low-High, Low - High - Low, Kob-Kob)
Hu Bud - Arm Wrench Pick Up Back Hand & Inside Parry To Sut Sao

Boxing

Body Cover Series

Defend From Left Body Hook - Rear Body Cover - Return With Uppercut - Hook - Cross
Defend From Right Body Hook - Left Arm Lowers To Defend Hook, Return With Lead Uppercut - Cross
- Lead Hook

Jun Fan

Trapping From Reference

1. Pak Sao - Gua Chuie - Lop Sao - Gua Chuie - Gum Sao - Jik Chung
2. Pak Sao - Gua Chuie - Loi Pak Sao - Jik Chung - Sut Sao
3. Pak Sao - Gua Chuie (Stopped) - Lop Sao With Jik Chung - Sut Sao - Gum Sao - Jik Chung

Kickboxing Drills

Shuffle Kick - Cross - Hook - Cross - Rear Low Thai Kick
Dum Tek - Jeet Tek - Cross - Hook - Cross - Shuffle Kick

Panantukan

1. Tapee - Push The Head - Overhand - Uppercut - Overhand
2. Front Hand Waslik - Push The Head, Switch Head Position - Overhand - Uppercut - Overhand
3. Rear Hand Waslik - Windmill Throw - Overhand - Uppercut - Overhand

Kali

Single Stick

Angles 1-16 With Footwork
5 Disarms Of Angle 4
Amerra Figure 8 Family
3 And 5 Count Sumbrada

Double Stick

Flow Of Heaven, Standard And Earth
Stick Test 6 To 14

Stick And Knife

4 And 5 Open And Closed

Sparring

Boxing

