

# Jeet Kune Do & Kali Drills—Year 3

Hu Bud Full range

Muay thai knee entries - wide hook  
Cover & grab - knee - elbow - elbow  
Wrap - knee - elbow - elbow  
Duck under - knee - elbow - elbow

Muay thai 17 count, see attached sheet

Sliding finger jab series

- 1) Finger jab over jab, return with overhand, uppercut, overhand grab head with right hand and right knee
- 2) Finger jab over jab and cross, return with overhand, uppercut, overhand grab head with right hand and right knee
- 3) Finger jab over jab and waslick cross, return with left overhand, uppercut, over hand. Grab head with left hand step in with left knee

CSW

Single leg  
Kimura  
Arm triangle  
Star drill 1 & 2

Stick

4 disarms of every angle  
Illustrisimo Amerra  
1) 1, 2, 1 and 1  
2) 1, 2, 2 and 1  
3) 1, 2, 1 and 8  
4) 1, 2, 11 and 1  
Outside deflections with follow ups

Double stick

Back hand series  
1) H, H, H  
2) H, L, H  
3) L, L, H  
4) H, H, L

Knife Knife evasions (3 principles) 1) Lastico 2) Lead leg back 3) Step & slide back

Sparring Jun fan kickboxing

Shadow boxing

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

Second third

