

Jeet Kune Do & Kali Drills—Year 2

Third third

Jun Fan 1-2 advanced

1. Parry the jab - sway back - cross - hook - cross
 2. Parry the jab - duck - cross - hook - cross
 3. Parry the jab - slip inside - cross - hook - cross
 4. Parry the jab - slip outside - hook - cross - hook
 5. Parry the jab - tan sao (dispersing hand) - hook - cross - hook
 6. Parry & hit the stomach/chest - hook - cross - hook
- Oou tek added to each at the end

Trapping with Biu sao

All of the below set up with a biu gee (eye jab) & O'ou tek (shuffle Kick)

Pak sao da - biu sao - lop sao with chung chuie - pak sao da
Pak sao da - biu sao - pak sao da - lop sao da - pak sao da
Pak sao da - biu sao - lop sao w/slant punch - gum sao da

Muay thai 15 count

See attached sheet

Stick

3 disarms of angles 1—5
Amerra redondo 4 family
3 and 5 count sumbrada
Flow of heaven, standard and earth
Stick test

Stick and knife

Double wrap series
Gunting angles 1 - 5

Sparring

Thai boxing

Shadow boxing

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



Integrated
Grappling