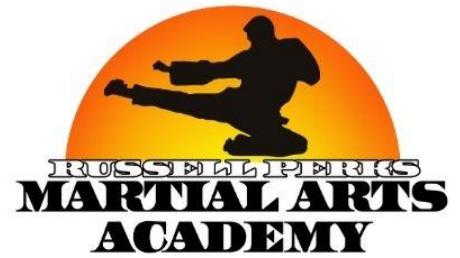


Jeet Kune Do Syllabus

Year 1 – Phase C



Warm Up

20 Press Ups

20 Sit Ups

20 Jump Jacks

Shadow Boxing

Kali Warm Up

Double Stick Abecedario

4 Count - Inward - Backhand Family (High-High, High-Low, Low-High, Low-Low)

Hu Bud - Elbow & Bong Sao

Boxing

1. Lead Uppercut - Cross - Lead Hook
2. Rear Uppercut - Lead Uppercut - Lead Hook
3. Jab - Rear Uppercut - Lead Hook
4. Cross - Lead Hook - Rear Uppercut

Thai Boxing

1. Jab - Cross - Left Knee - Right Horizontal Elbow
2. Jab - Cross - Full Clinch - Right Knee - Switch Left Knee
3. Jab - Cross - Lead Hook - Rear Diagonal Elbow
4. Lead Teep - Cross - Lead Hook - Low Round Kick

Jun Fan

Trapping

1. Pak Sau - Backfist - Cross - Hook - Cross - Shuffle Kick

2. Pak Sau - Backfist - Lop Sau - Backfist - Cross - Hook - Cross - Shuffle Kick

Kickboxing - 1 - 2 Series

1. Parry Jab - Slip To Outside Of Cross - Bob Weave To Inside - Cross - Hook - Cross - Shuffle Kick

2. Parry Jab - Slip To Inside Of Cross - Bob Weave To Outside - Hook - Cross - Hook - Shuffle Kick

Panantukan

From the cross

Entry 5 - Lead Palm - Cross - Lead Uppercut - Inside Foot Sweep - Cross

Entry 6 - Rear Upward Elbow - Lead Horizontal Elbow - Rear Knee - Inside Cut Kick - Cross

Kali

Single Stick

Angles 1-8 With Footwork

5 Disarms Of Angle 3

3 Count Sumbrada

Double Stick

Earth Six & Sonkette

