

Jeet Kune Do Syllabus

Year 3 – Phase A

Warm Up

30 Press Ups
30 Sit Ups
30 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 - Full Range

Boxing

14 Point Defence

Slip Jab Outside - Cross - Hook - Cross - Shuffle Kick
Slip Cross Outside - Hook - Cross - Hook - Shuffle Kick
Lean Back On Jab - Cross - Hook - Cross - Shuffle Kick
Duck Under Cross - Cross - Hook - Cross - Shuffle Kick
Bob And Weave High Left Hook - Cross - Hook - Cross - Shuffle Kick
Bob And Weave Under High Right Hook - Hook - Cross - Hook - Shuffle Kick
Cover High Left Hook - Hook - Cross - Hook - Shuffle Kick
Cover High Right Hook - Cross - Hook - Cross - Shuffle Kick
Cover Low Left Body Hook - Rear Uppercut - Hook - Cross - Shuffle Kick
Cover Low Right Body Hook - Lead Uppercut - Cross - Hook - Shuffle Kick
Forearm Deflection Low Jab - Hook - Cross - Hook - Shuffle Kick
Forearm Deflection Low Cross - Cross - Hook - Cross - Shuffle Kick
Parry Jab - Hook - Cross - Hook - Shuffle Kick
Parry Cross - Cross - Hook - Cross - Shuffle Kick

Jun Fan

5 Count Combinations

Shuffle Kick - Cross - Hook - Cross - Shuffle Kick
Shuffle Kick - Cross - Body Hook - Cross - Shuffle Kick
Shuffle Kick - Cross - Uppercut - Cross - Shuffle Kick
Shuffle Kick - Overhand - Uppercut - Overhand - Shuffle Kick

Thai Boxing

Knee Entries (From A Punch):

Parry - Grab - Knee - Elbow - Elbow
Split Entry - Knee - Elbow - Elbow
Switch Knee Under Jab - Elbow - Elbow
Rear Knee Under Cross - Elbow - Elbow

Kali

Empty Hand Trapping

Single Stick

Disarms From Any Angle
Inside Deflections With Follow Up

Double Stick

10 Count Series
1) IIIBB IIIBB
2) IBBB IBBB
3) IBBBB BBBB
4) BIBB BIBB

Knife

Panastas with disarms

Stick And Knife

Snake And Bridge Series

Sparring

Single Stick



RUSSELL LEPERS MARTIAL ARTS ACADEMY

MARTIAL ARTS ACADEMY

ACADEMY