

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) IIBB IIBB
- 2) IBIB IBIB
- 3) IB BBB IB BBB
- 4) BIBIB BIBIB

Knife

Panastas with disarms

Stick And Knife

Snake And Bridge Series

Sparring

Single Stick

