

2nd Degree JKD Black Belt

Warm Up

Sprints
60 Push Ups
60 Sit Ups
60 Jump Jacks
Shuttle Runs
Double Stick Warm Ups

Kali

Single Stick

Florette - High Inward Abanico - High Outward Abanico - Redondo
Florette - Upward Thrust - Redondo
Florette - Upward Backhand - Downward Backhand (Same Angle) - Redondo - Backhand Florette - Forehand Redondo
With Step
Kali Ilustrisimo - 12 Strikes
Kali Ilustrisimo - Estrella Series
Series 1 - Stick Lock Flow Drill 1 to 8
Single Stick Flow Including High Box With Padded Sticks

Stick & Knife

Contrades With Hu Bud, Tie Ups, 4 Counts

Double Stick

Lacoste 8 To 12 Count
Gunting (1 – 5) Incorporating Right & Left
Villabrille 8 Count Sinawali Drill

Knife

Hu Bud – Knife vs Knife
Knife Sumbrada

Jun Fan

1 – 9 O'ou Tek Series (Glove Drills)
1 To 3 Advanced Trapping Set - Triple Pak/Jao Sao/Tan Sao (See Rear Of Sheet)

Panantukan

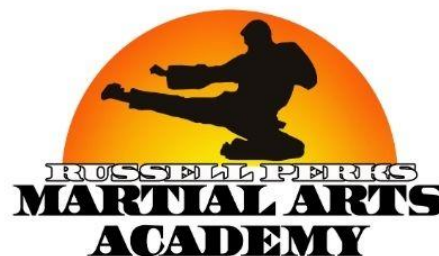
1 – 4 Split Series (See Rear Of Sheet)

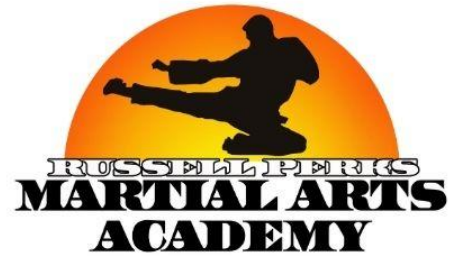
Sparring

Boxing
Jun Fan Kickboxing
Single Stick

Demonstrate Previous Syllabus Content

You Will Be Asked To Demonstrate Previous Kali, Jun Fan, Boxing, Thai Boxing And Knife Syllabus Content





Jun Fan Kickboxing/Panatuan

1

Split Of The Jab (Check Back Hand)

Pak Sao - Back Fist

Lop Sao - Back Fist

Cross - Slap - Cross

Left Knee

Sweep The Left Foot With Your Left Foot

Cross - Slap Rear Round Kick

2

Split Of The Jab (Check Back Hand)

Pak Sao - Back Fist Lop Sao - Back Fist

Cross - Slap - Cross

Left Knee

Sweep The Left Foot With Your Left Foot

Cross - Slap - Cross - Lead Switch Round Kick

3

Parry The Jab Split Of The Cross With Cross

Pak Sao - Back Fist

Lop Sao - Back Fist

Slap - Cross

Left Knee

Sweep The Left Foot With Your Left Foot

Cross - Slap - Cross - Lead Switch Round Kick

4

Split Of The Jab (Check Back Hand)

Pak Sao - Back Fist

Lop Sao - Back Fist

Cross - Slap - Cross

Left Knee

Sweep The Left Foot With Your Left Foot

Stamp The Back Of The Knee

Elbow Back Of The Head With The Right

Knee To The Back Of The Head

Downward Elbow With The Right

Advanced Trapping Combos

Pak Sao Da The Jab

Lio Pak Da The Blocking Hand

Lio Pak Hand Turns Into A Sut Sao

Then Switch Hand Back To Loi Pak Da (Straight Punch)

Cross - Lead Uppercut - Cross

Front Kick To The Groin

Oou Tek

Split Entry The Jab

Pak Sao Da - Barrier Remains

Jao Sao Switch To Opposite Arms (Change Stance And Remain In The Stance For The Following)

Pak Sao Da

Cross - Lead Uppercut - Cross

Front Kick To The Groin

Oou Tek

Pak Sao Da The Jab

Tan Sao - Pak Sao - Palm Strike

Cross - Lead Uppercut - Cross

Push The Last Cross - Pak Sao With Lead Hand - Followed By Backfist & Step In (Switch Leads)

Cross - Lead Uppercut - Cross

Front Kick To The Groin

Oou Tek

