

Jeet Kune Do Syllabus

Year 1 – Phase A



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 - Hammerfist To Include Left Hand Exchange

Boxing

1. Double Jab - Cross
2. Jab - Cross - Hook - Cross
3. Rear Uppercut - Hook - Cross
4. Jab - Cross - (BW Lead Hook) - Cross - Hook - Cross
5. Jab - Shuffle In, Lead Body Hook - Lead Head Hook - Cross
6. Jab - Cross - (BW Lead Hook) - Uppercut - Hook - Cross

Muay Thai

1. Right Round Kick - Hook - Cross - Left Round Kick
2. Right Round Kick - Hook - Cross - Right Round Kick
3. Right Round Kick - Hook - Cross - Right Knee
4. Right Round Kick - Hook - Cross - Right Elbow
5. Right Round Kick - Hook - Cross - Hook

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 & Cross - Cross - Hook - Cross - Shuffle Kick
2. Parry Jab - Finger Jab Over Cross - Return Cross - Hook - Cross - Shuffle Kick

Panantukan

From A Cross

- Entry 1 - Cross - Hook - Cross - Shuffle Kick
Entry 2 - Hook - Cross - Hook - Low Thai Round Kick

Kali

Single Stick

Angles 1 - 8 With Footwork

5 Disarms Of Angle 1

3 count Sumbrada

Double Stick

Heaven Six & Redondo

