

Jeet Kune Do & Kali Drills—Year 2

Muay Thai 15 count

1. Parry cross outside
2. Cover left hook
3. Left elbow
4. Right elbow
5. Right knee (defence against a right cross)
6. Left round kick
7. Right cross
8. Left hook
9. Right knee (defence against a right cross)
10. Right round kick
11. Left foot jab under cross
12. Slip outside right cross
13. Left hook
14. Right cross
15. Right round kick

15 Count

