

Jeet Kune Do & Kali Drills—Year 1

Third third

Basic thai boxing

1. Jab, cross, right knee
2. Jab, cross, left knee
3. Right elbow, left elbow, right knee
4. Right knee, right elbow, left elbow

Panantukan 1-14 is of reference, 7 one side, 7 other side

Of a jab and a cross

5. Inside Normal Entry - Inside parry & Inside eye jab
6. Inside Cross Parry Entry - Inside cross parry & Inside eye jab

Basic trapping of a jab

1. Pacsau, backfist. Cross, hook, cross, shuffle kick
2. Pacsau, backfist, lopsau backfist. Cross, hook, cross, shuffle kick

Jun fan 1—2 series

5. Parry jab and slip to outside of cross. Bob weave to inside, re turn cross, hook, cross and shuffle kick
6. Parry jab and slip to inside of cross. Bob weave to outside, re turn hook, cross, hook and shuffle kick

Stick

- Angles 1—8 with correct footwork
2 disarms of angles 1—5
Earth six
Sonkette

Knife

- Angles 1—5 with correct footwork wit a reverse grip
Partner flow using the back of hand

Shadow boxing

- Showing all the skills you have learnt of this syllabus, with and without a stick (kerenza)

