

Jeet Kune Do & Kali Curriculum

PHASE 11

Kali

Single stick

- Kali Ilustrisimo - 12 Strikes
- Kali Ilustrisimo - Estrella Series
- High box pattern 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
- Villabrille 8 Count Sinawali Drill

Jun Fan Kickboxing/Panantukan

- 1 – 9 O'ou Tek Series (glove drills)
- 1 – 4 split series (see rear of sheet)
- 1 to 3 Advanced trapping set - triple pak/jao sao/tan sao (see rear of sheet)

CSW (Combat submission wrestling)

- Ankle pick from pummel
- Double leg outside leg trip
- Triangle – side mount position
- Rear naked choke + defence
- Front guillotine choke & defence
- Scissor & reverse scissor sweep from guard
- Spinning arm bar from knee to belly position

Previous syllabus

- **Thai boxing** - 4 counts, 18 count and kick cover series
- **Jun Fan Kickboxing** - 1/2 series, 1/3 series, Pak sau/Lop sau sets
- **Panantukan** - Triple jab series
- **Single stick** - 1 to 25 angles, disarms, single stick flow, Ilustrisimo amerra
- **Double stick** - heaven six, standard six, earth six, Redondo, umbrella, sonkette, back-hand series, San Raphael advanced, stick test, 3 & 5 count
- **Knife** - Palasut
- **Stick & knife** - 4 & 5 count, double warp series, snake and bridge series
- **CSW** - double leg, single leg, arm bar & defence, triangle & defence

Demonstrate previous syllabus content

You will be asked to demonstrate previous kali, jun fan, boxing, thai boxing and knife syllabus content

Sparring

- Boxing
- Jun Fan Kickboxing
- Single stick



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JUN FAN KICKBOXING/PANATUKAN

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 – 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