

Jeet Kune Do & Kali Drills—Year 3

Muay thai knee entries - wide hook

Cover & grab - knee - elbow - elbow

Wrap - knee - elbow - elbow

Duck under - knee - elbow - elbow

Muay thai 17 count, see attached sheet

Sliding finger jab series

1) Finger jab over jab, return with overhand, uppercut, overhand grab hear with right hand and right knee

2) Finger jab over jab and cross, return with overhand, uppercut, overhand grab hear with right hand and right knee

3) Finger jab over jab and cross, woslick cross, return with left overhand, uppercut, over hand. Grab head with left hand step in with left knee

CSW

Single leg

Kimura

Arm triangle

Stick

4 disarms of every angle

Illustrisimo Amerra

1) 1, 2, 1 and 1

2) 1, 2, 2 and 1

3) 1, 2, 1 and 8

4) 1, 2, 11 and 1

Outside deflections with follow ups

Double stick

Back hand series

1) H, H, H

2) H, L, H

3) L, L, H

4) H, H, L

Knife

Knife evasions (3 principles) 1) Lastico 2) Lead leg back 3) Step & slide back

Sparring

Jun fan kickboxing

Shadow boxing

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

Second third

