

EXTRACTS OF THE JUN FAN 1-2 & 1-3 SERIES ARE LISTED BELOW:

JUN FAN 1-2 SERIES

PARRY THE JAB, WHEN THE CROSS COMES YOU:

- 1) **SHOULDER ROLL, CROSS, HOOK, CROSS**
- 2) **SHOULDER ROLL WITH O'OU TEK, CROSS, HOOK, CROSS**
- 3) **ELBOW DEFLECTION, CROSS, HOOK, CROSS**
- 4) **BOB & WEAVE, HOOK, CROSS, HOOK**
- 5) **SWAY BACK, CROSS, HOOK, CROSS**
- 6) **DUCK, CROSS, HOOK, CROSS**
- 7) **SLIP OUTSIDE, HOOK, CROSS, HOOK**
- 8) **SLIP INSIDE, CROSS, HOOK, CROSS**
- 9) **SHOULDER STOP, CROSS, HOOK, CROSS**
- 10) **BICEP STOP, CROSS, HOOK, CROSS**

**** ADD TWO KICKS TO END ****

JUN FAN 1-3 SERIES

PARRY THE JAB, WHEN THE HOOK COMES YOU:

- 1) **COVER, HOOK, CROSS, HOOK**
- 2) **BOB & WEAVE, CROSS, HOOK, CROSS**
- 3) **COVER & HIT, CROSS, HOOK, CROSS**
- 4) **JONG SAO (ARM INSERTION) & HIT, CROSS, HOOK, CROSS**
- 5) **TAN SAO & HIT, CROSS, HOOK, CROSS**
- 6) **BIU SAO & HIT, CROSS, HOOK, CROSS**

**** ADD TWO KICKS TO END ****