



Phoenix Martial Arts Academy Syllabus

ORANGE BELT

PUNCHING

**OVERHEAD (OVERHAND)
HORIZONTAL ELBOW - LEAD AND REAR
BASIC HAND COMBINATIONS (1-4)
THAI BOXING 4 COUNTS (1-8)
JUN FAN 1-2 SERIES (1-6)
JUN FAN 1-3 SERIES (1-2)**

TRAPPING

**PAC SAO TO LOP SAO (SAME ARM)
LOP SAO TO PAC SAO (SAME ARM)**

GRAPPLING

**MOUNT
GUARD
DOUBLE LEG TAKEDOWN TO MOUNT
V ARM LOCK FROM MOUNT, CHOKE, ARMBAR
HIP THROW**

STICK

**ANGLES (1-8)
SINGLE STICK COUNTS (1-4)**

ENERGY DRILLS

**OUTSIDE HUBUD
LOP SAO CYCLE**

KICKING

**STOMP KICK (DUM TEK)
REAR OBLIQUE KICK
LEAD TOE KICK TO LEG/GROIN
KNEE (SOT) - LEAD AND REAR**

FOOT WORK

JUN FAN (1-16)

DEFENCE

**LEAD LEG SHIELD
CROSS LEG SHIELD
REAR LEG SHIELD
SINGLE COVER
SWAY BACK
DUCK**

KNIFE

**DISARM FLOW DRILL (1-4)
KNIFE TAPPING
KALI NUMBERING (1-5)**

BOXING SPARRING

UNG MOON (1-5)

JKD FOOTWORK

- 11) SLIDE STEP LEFT
- 12) SLIDE STEP RIGHT
- 13) PUSH SHUFFLE LEFT
- 14) PUSH SHUFFLE RIGHT
- 15) FORWARD (FEMALE) TRIANGLE
- 16) REVERSE (MALE) TRIANGLE

THAI BOXING 4 COUNTS

- 1) L KICK , CROSS, HOOK, R KICK
- 2) L KICK, CROSS, HOOK, L KICK
- 3) R KICK, HOOK, CROSS, R KICK
- 4) R KICK, HOOK, CROSS, L KICK
- 5) L KICK, CROSS, HOOK, R KNEE
- 6) L KICK, CROSS, HOOK, R ELBOW
- 7) R KICK, HOOK, CROSS, L KNEE
- 8) R KICK, HOOK, CROSS, L ELBOW

JUN FAN 1-3 SERIES (JAB, LEAD HOOK)

SCOOP THE JAB, WHEN THE HOOK COMES:

- 1) COVER, HOOK, CROSS, HOOK
- 2) BOB & WEAVE, CROSS, HOOK, CROSS

JUN FAN 1-2 SERIES (JAB, CROSS)

SCOOP THE JAB, WHEN THE CROSS COMES:

- 5) SWAY BACK, CROSS, HOOK, CROSS
- 6) DUCK, CROSS, HOOK, CROSS

STICK ANGLES

STICK IN RIGHT HAND WITH RIGHT FOOT FORWARD

- #1 DOWNWARDS FOREHAND DIAGONAL
- #2 DOWNWARDS BACKHAND DIAGONAL
- #3 FOREHAND HORIZONTAL
- #4 BACKHAND HORIZONTAL
- #5 FOREHAND THRUST TO MIDSECTION
- #6 BACKHAND THRUST TO MIDSECTION
- #7 FOREHAND STRIKE TO KNEE
- #8 BACKHAND STRIKE TO KNEE

KALI NUMBERING

KNIFE IN RIGHT HAND WITH RIGHT FOOT FORWARD

- #1 DOWNWARDS FOREHAND DIAGONAL
- #2 DOWNWARDS BACKHAND DIAGONAL
- #3 FOREHAND HORIZONTAL
- #4 BACKHAND HORIZONTAL
- #5 STAB TO MIDSECTION (CENTRELINE)

SINGLE STICK – 4 COUNT

- 1) #1
- 2) #2
- 3) #7
- 4) #8

SINGLE STICK – 6 COUNT

- 1) #1
- 2) #2
- 3) #7
- 4) #2
- 5) #1
- 6) #8

SINGLE STICK – 5 COUNTS

- 1) #1
- 2) #2
- 3) #1
- 4) #8 WITIK
- 5) #2

- 1) #2
- 2) #1
- 3) #2
- 4) #7 WITIK
- 5) #1

BASIC HAND COMBINATIONS

- 1) JAB, CROSS, HOOK
- 2) JAB, HOOK, CROSS
- 3) CROSS, HOOK, CROSS
- 4) CROSS, UPPERCUT, CROSS

UNG MOON (1-5)

- 1) TAN SAO, DA - PALM UP BLOCK
- 2) BIU SAO, DA - FINGER BLOCK
- 3) HA WOANG PAC, DA - LOW OUTSIDE PARRY
- 4) GOANG SAO, DA - LOW OUTSIDE WRIST BLOCK
- 5) HA PAC, DA - SLAP DOWN WITH PALM