



Phoenix Martial Arts Academy Syllabus

RED BELT

PUNCHING

STRAIGHT PALM (JIK GERN)
ROUND PALM (JUAN GERN)
PALM HOOK
VERTICAL ELBOWS
BASIC HAND COMBINATIONS (1-8)
THAI BOXING 4 COUNTS (1-16)
JUN FAN 1-2 (1-8)
JUN FAN 1-3 (1-4)

TRAPPING

COMPOUND TRAPPING (1-4)
5 WAYS TO PAC SAO

GRAPPLING

SIT OUT
CROSS SIDE
SINGLE LEG TAKEDOWN
ACHILLES' LOCK
LEG BAR
STANDING LOCK FLOW (1-4)
REAR CHOKE

KNIFE

DISARM FLOW DRILL (1-7)
ICEPICK DISARMS (1-3)
#5 DISARM

GRAPPLING SPARRING

UNG MOON (1-9)

KICKING

REAR KNEE WITH GRAB
ROUND KNEE
CRESENT KICK (GUA TEK) TO GROIN
BACK KICK (HOW TEK)
CRESENT KICK

FOOTWORK

JUN FAN 1-20

DEFENCE

DOUBLE COVER
UNDERARM CATCH
PEEK-A-BOO
SLIP INSIDE
SLIP OUTSIDE
MIDDLE KICK DEFENCE (LEAD & REAR)

STICK

SINGLE STICK COUNTS (1-6)
LIVE HAND 5 COUNT
ANGLES (1-12)
DOUBLE STICK 4 COUNTS
HEAVEN SIX

HUBUD

HUBUD 1-FOR-1 WITH BASIC LOCKS
INSIDE HUBUD

JUN FAN FOOTWORK

- 17) REPLACEMENT STEP (LATERAL TRIANGLE)
- 18) PENDULUM STEP
- 19) PENDULUM STEP (ONE FOOT)
- 20) JAG STEP (LEAD STEP THREE WAYS)

THAI BOXING 4 COUNTS

- 9) JAB, CROSS, L KICK, R KICK
- 10) JAB, CROSS, L KICK, L KICK
- 11) JAB, CROSS, R KICK, L KICK
- 12) JAB, CROSS, R KICK, R KICK
- 13) JAB, CROSS, R ELBOW, R KNEE
- 14) JAB, CROSS, R ELBOW, L KNEE
- 15) JAB, CROSS, L ELBOW, L KNEE
- 16) JAB, CROSS, L ELBOW, R KNEE

SINGLE STICK - 5 COUNTS

- 1) UPWARDS FOREHAND
- 2) UPWARDS BACKHAND
- 3) UPWARDS FOREHAND
- 4) #8 WITIK
- 5) #2

- 1) UPWARDS BACKHAND
- 2) UPWARDS FOREHAND
- 3) UPWARDS BACKHAND
- 4) #7 WITIK
- 5) #1

DOUBLE STICK OPEN 4 COUNTS

- 1) #1 RIGHT
- 2) #1 LEFT
- 3) #2 RIGHT
- 4) #2 LEFT

- 1) #1 RIGHT
- 2) #1 LEFT
- 3) #8 RIGHT
- 4) #8 LEFT

- 1) #1 RIGHT
- 2) #8 RIGHT
- 3) #1 LEFT
- 4) #8 LEFT

DOUBLE STICK CLOSED 4 COUNTS

- 1) #1 RIGHT
- 2) #2 LEFT
- 3) #2 RIGHT
- 4) #1 LEFT

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

- 1) #1 RIGHT
- 2) #8 LEFT
- 3) #8 RIGHT
- 4) #1 LEFT

COMPOUND TRAPPING

- 1) PAC SAO LOP SAO (SAME ARM)
- 2) LOP SAO PAC SAO (SAME ARM)
- 3) PAC [OFF CENTRE BLOCK] LOP SAO, DA
- 4) PAC [OFF CENTRE BLOCK] BIU GEE LOP SAO DA

UNG MOON

- 6) LOY WOANG PAC, BIU GEE - INSIDE PARRY + FINGER JAB
- 7) NOY WOANG PAC, BIU GEE - OUTSIDE PARRY + FINGER JAB
- 8) NOY BIU GEE - OUTSIDE FINGER JAB
- 9) LOY BIU GEE - INSIDE FINGER JAB

JUN FAN 1-2

PARRY THE JAB, WHEN THE CROSS COMES YOU:

- 5) SLIP INSIDE, CROSS, HOOK, CROSS
- 6) SLIP OUTSIDE, HOOK, CROSS, HOOK

JUN FAN 1-3

PARRY THE JAB, WHEN THE HOOK COMES YOU:

- 3) COVER & HIT, CROSS, HOOK, CROSS
- 4) JOANG SAO & HIT, CROSS, HOOK, CROSS

BASIC HAND COMBINATIONS

- 5) JAB, CROSS, UPPERCUT
- 6) OVERHEAD, UPPERCUT, OVERHEAD (LEAD, REAR, LEAD & REAR, LEAD, REAR)
- 7) UPPERCUT, OVERHEAD, UPPERCUT (REAR, LEAD, REAR & LEAD, REAR, LEAD)
- 8) CROSS, BODY HOOK, CROSS