



# Phoenix Martial Arts Academy Syllabus

## WHITE BELT

### **STANCE**

**ON GUARD:  
RIGHT LEAD  
LEFT LEAD**

### **FOOTWORK**

**JUN FAN (1-4)  
1) STEP SLIDE ADVANCE  
2) STEP SLIDE RETREAT  
3) STEP SLIDE LEFT  
4) STEP SLIDE RIGHT**

### **PUNCHING**

**JAB  
CROSS  
HOOK  
UPPERCUT**

### **KICKING**

**FRONT KICK (JIK TEK) LEAD AND REAR  
ROUND KICK (O'OU TEK) LEAD AND REAR**

### **DEFENCE**

**CATCH  
SCOOP  
PARRY**

### **JUN FAN SALUTATION**