



Phoenix Martial Arts Academy Syllabus

YELLOW BELT

PUNCHING

**FINGER JAB (BIU GEE)
BODY HOOK - LEAD AND REAR
JUN FAN 1-2 SERIES (1-4)
THAI BOXING 4 COUNTS (1-4)**

KICKING

**SIDE KICK (JUK TEK) - LEAD AND REAR
BRIDGING GAP WITH FOOTWORK FOLLOWED BY:
FRONT KICK (JIK TEK)
ROUND KICK (O'OU TEK)
SIDE KICK (JUK TEK)**

TRAPPING

**PAC SAO
LOP SAO**

FOOTWORK

JUN FAN (1-10)

GRAPPLING

**BREAK FALLS:
I) FRONT
II) SIDES
III) BACK**

ENERGY DRILLS

HUBUD 1-FOR-1

DEFENCE

**SHOULDER ROLL
ELBOW DEFLECTION
BOB & WEAVE**

UNG MOON (1-2)

JUN FAN FOOTWORK

- 1) **STEP AND SLIDE ADVANCE**
- 2) **STEP AND SLIDE RETREAT**
- 3) **STEP AND SLIDE LEFT**
- 4) **STEP AND SLIDE RIGHT**
- 5) **SLIDE STEP ADVANCE**
- 6) **SLIDE STEP RETREAT**
- 7) **PUSH SHUFFLE ADVANCE**
- 8) **PUSH SHUFFLE RETREAT**
- 9) **STEP THROUGH**
- 10) **STEP BACK**

THAI BOXING 4 COUNTS

- 1) **L KICK, CROSS, HOOK, R KICK**
- 2) **L KICK, CROSS, HOOK, L KICK**
- 3) **R KICK, HOOK, CROSS, L KICK**
- 4) **R KICK, HOOK, CROSS, R KICK**

JUN FAN 1-2 SERIES (JAB, CROSS)

SCOOP THE JAB, WHEN THE CROSS COMES:

- 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**

A) SCOOP, CROSS, HOOK, CROSS

TRAPPING

DA - PUNCH

PAC SAO - SLAPPING HAND

LOP SAO - PULLING HAND

HUBUD 1-FOR-1

[R PUNCH]

BLOCK WITH OUTSIDE OF L WRIST

CARRY UNDERNEATH WITH R WRIST

TRAP OPPONENT'S FOREARM WITH L PALM (DON'T GRAB WITH THUMB)

R PUNCH

[BLOCK WITH OUTSIDE OF L WRIST]

ETC ...

UNG MOON (1-2)

- 1) **TAN SAO, DA - PALM UP BLOCK, VERTICAL PPUNCH**
- 2) **BIU SAO, DA - FINGER BLOCK, VERTICAL PUNCH**