



Phoenix Martial Arts Academy Junior Syllabus

RED

PUNCHING

BACK FIST (GUA CHOY)
STRAIGHT PALM (JIK GERN)
ROUND PALM (JUAN GERN)
BODY JAB
VERTICAL ELBOW
JUN FAN 1-2 SERIES (1-6)
JUN FAN 1-3 SERIES (1-2)
THAI BOXING 4 COUNTS (1-8)
BASIC HAND COMBINATIONS (1-6)

TRAPPING

COMPOUND TRAPPING (1-4)

ENERGY DRILLS

INSIDE HUBUD

UNG MOON (1-5)

DEFENCE

MIDDLE KICK DEFENSE (LEAD & REAR)
SINGLE COVER
CROSS HAND PARRY/COVER (WOANG PAK)
DOWN OUTSIDE WRIST BLOCK (GOANG SAO)
LOW SLAP/PARRY (HA PAK)
SWAY BACK
DUCK

FOOTWORK

FEMALE TRIANGLE
MALE TRIANGLE

KICKING

BACK KICK (HOW TEK)
STOMP KICK (DUM TEK)

STICK

STICK ANGLES (1-12)
BASIC SINGLE STICK DRILLS (1-3)

THAI BOXING FOUR 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**

BASIC HAND COMBINATIONS

- 1) **JAB, CROSS, HOOK**
- 2) **JAB, HOOK, CROSS**
- 3) **CROSS, HOOK, CROSS**
- 4) **CROSS, UPPERCUT, CROSS**
- 5) **JAB, CROSS, UPPERCUT**
- 6) **CROSS, BODY HOOK, CROSS**

JUN FAN 1-2

- 1) **SHOULDER ROLL, CROSS, HOOK, CROSS**
- 2) **SHOULDER ROLL WITH O'OU TEK (ROUND KICK), 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**

JUN FAN 1-3

PARRY THE JAB, WHEN THE HOOK COMES:

- 1) **COVER, HOOK, CROSS, HOOK**
- 2) **BOB & WEAVE (CAN INCLUDE PUNCH TO MID-SECTION), CROSS, HOOK, CROSS**

STICK ANGLES

- #9 **FOREHAND THRUST TO CHEST**
- #10 **BACKHAND THRUST TO CHEST**
- #11 **FOREHAND VERTICAL TO HEAD**
- #12 **BACKHAND VERTICAL TO HEAD**

BASIC SINGLE STICK DRILLS

- 1) **#1, #2**
 - 2) **#1, #8**
 - 3) **#2, #7**
- LOBTIK – STRIKE THROUGH**
WITIK – HIT & PULL BACK

COMPOUND TRAPPING

- 3) **PAC SAO DA LOP SAO DA (BLOCK PAST CL)**
- 4) **PAC SAO DA BIU GEE (WEDGE) LOP SAO GUA CHOY**

UNG MOON (5 GATE DEFENCE)

- 3) **HA WOANG PAC, DA** **LOW OUTSIDE PARRY**
- 4) **GOANG SAO, DA** **LOW OUTSIDE WRIST BLOCK**
- 5) **HA PAC, DA** **SLAP DOWN WITH PALM**