



Phoenix Martial Arts Academy Junior Syllabus

WHITE

STANCE

**ON GUARD:
RIGHT LEAD
LEFT LEAD**

PUNCHING

**JAB
CROSS
HOOK
UPPERCUT**

DEFENCE

**CATCH
SCOOP
PARRY**

FOOTWORK

**STEP SLIDE ADVANCE
STEP SLIDE RETREAT
STEP SLIDE LEFT
STEP SLIDE RIGHT**

KICKING

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

JUN FAN SALUTATION