



# Phoenix Martial Arts Academy Junior Syllabus

## YELLOW

### **PUNCHING**

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

### **TRAPPING**

**PAC SAO**  
**LOP SAO**

### **ENERGY DRILLS**

**HUBUD 1-FOR-1**

### **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)**

### **FOOTWORK**

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

### **DEFENCE**

**SHOULDER ROLL**

**THAI BOXING 4 COUNTS**

- 1) **L KICK , CROSS, HOOK, R KICK**
- 2) **L KICK, CROSS, HOOK, L 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 (ROUND KICK), CROSS, HOOK, CROSS**

**BASIC HAND COMBINATIONS**

- 1) **JAB, CROSS, HOOK**
- 2) **JAB, 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 PARTNER'S FOREARM WITH L PALM (DON'T GRAB WITH THUMB)**

**R PUNCH**

**[BLOCK WITH OUTSIDE OF L WRIST]**

**ETC ...**