



Phoenix Martial Arts Academy Syllabus

BLACK

STAND UP

JUN FAN 1-2 (1-22)
O'OU TEK SERIES 1-20)
JUK TEK SERIES (1-9)

TRAPPING

PAC SAO REFERENCE POINT DRILL (1-7)
PING CHOY GUA CHOY (1-7)

GRAPPLING

SHOOT FLOW DRILL (1-29)
PHOENIX GUARD FLOW DRILL

HUBUD

FINGER TIP HUBUD
PALASUT HUBUD
SEGUNG HUBUD
ATTACHED HUBUD

FOOTWORK

JUN FAN 1-28

KNIFE

BALLISTIC NUMBERING (1-25)
DOUBLE KNIFE

STICK

CAMBIADA

DEFENCE

PUNCH FACE (ROUND KICK DEFENCE)

JUN FAN FOOTWORK

- 27) HEEL TOE SWAY**
- 28) ROCKER SHUFFLE**

JUN FAN 1-2

- 17) LEAD LEG JEET TEK, CROSS, HOOK, CROSS**
- 18) REAR LEG JEET TEK SWITCH LEAD, CROSS, HOOK, CROSS (STEP TO OUTSIDE WITH LEAD LEG, JEET TEK)**
- 19) SLANT LEFT CHUNG CHOY, CROSS, HOOK, CROSS**
- 20) COVER & SPIN SIDE KICK, CROSS, HOOK, CROSS (STEP ACROSS WITH LEAD LEG, CAN ALSO ADD LEAD LOW HIT AS STEP)**
- 21) SPLIT ENTRY TO FACE (SIGN WITH PAD ON CHEST), HOOK, CROSS, HOOK**
- 22) R PARRY + L DUM TEK (TO L KNEE), CROSS, HOOK, CROSS**

O'OU TEK SERIES

- 17) [LEAD] TOY MA, LEAD KICK, CROSS, HOOK, CROSS**
- 18) [LEAD] PAC TEK, CROSS, HOOK, CROSS**
- 19) [LEAD] JEET GERK, CROSS, HOOK, CROSS**
- 20) [LEAD] JUT GERK, CROSS, HOOK, CROSS**

JUT TEK SERIES

- 7) [KICK TO THIGH] RETURN JUK TO KNEE/THIGH (SWING LEG BACK & OUT), CROSS, HOOK, CROSS**
- 8) CUP SAO, STEP ACROSS WITH LEAD LEG & REAR JUN SO TEK, STEP IN HOOK, CROSS, HOOK**
- 9) JEET GERK (JAM WITH LEAD KNEE RAISED), CROSS, HOOK, CROSS**

PAC SAO REFERENCE POINT DRILL

- 4) PAC SAO [REAR HOOK AS PUNCH] TAN SAO DA, LOY PAC SAO DA**
- 5) PAC SAO [LEAD JOW SAO ON PAC SAO] SAME AS 4) BUT OTHER SIDE**
- 6) PAC SAO [TURNS TO RUN - LONG RANGE] REAR O'OU TEK & SWITCH LEAD, LEAD PAC SAO (SHOULDER) DA**
- 7) PAC SAO [TURNS TO RUN - CLOSE RANGE] REAR SOT & SWITCH LEAD, LEAD PAC SAO (SHOULDER) DA**

PING CHOY, GUA CHOY SERIES

- 4) [PUNCHES HIGH] LEAD LOY LOP SAO DA**
- 5) [SHOULDER ROLLS] SOT (REAR KNEE, PUT DOWN IN LEAD) REAR PAC SAO DA**
- 6) [BACKS AWAY] REAR O'OU TEK (PUT DOWN IN LEAD) REAR PAC SAO DA**
- 7) [MOVES BACK - PUSH SHUFFLE] LEAD O'OU TEK TO THE GROIN, REAR PAC SAO DA**