



Phoenix Martial Arts Academy Syllabus

BROWN

STAND UP

STRAIGHT BLAST
JUN FAN 1-2 (1-14)
CHC, HCH DRILL
JUK TEK SERIES (1-4)
O'OU TEK SERIES (1-12)

TRAPPING

HALF DA SERIES (1-5)
ADVANCED PAC-LOP DRILLS

GRAPPLING

SHOOT FLOW DRILL (1-10)
PHOENIX STANDING FLOW DRILL

HUBUD

HUMBAK
VERTICAL GUNTING
HORIZONTAL GUNTING
SPLIT GUNTING

FOOTWORK

JUN FAN 1-22

UNG MOON (1-15)

DEFENCE

UNDERARM CATCH COUNTERS
KOW SAO (THROW LEG)
JEET GERK (JAM WITH KNEE)
JUN SO TEK (LOW SPINNING SWEEP)

KNIFE

IN THE GRASP (1-3)
DIKIT (1-7)
PALASUT (STRIP FOR STRIP)
PHOENIX ICE PICK NUMBERING (1-12)

STICK

HEAVEN 6 LYING
LOW BOX SUMBRADA

JUN FAN FOOTWORK

- 21) **CURVE STEP LEFT**
- 22) **CURVE STEP RIGHT**

JUN FAN 1-2

- 13) **PARRY & PUNCH PAST THE FACE, HOOK, CROSS, HOOK**
- 14) **PARRY & HIT THE STOMACH (CROSS), HOOK, CROSS, HOOK**

O'OU TEK SERIES

- 9) **[LEAD] LEAD KOW SAO, LEAD JIK TEK TO GROIN, CROSS, HOOK, CROSS**
- 10) **[REAR] REAR KOW SAO, RIGHT JIK TEK TO GROIN (SWITCH LEAD), CROSS, HOOK, CROSS**
- 11) **[LEAD] REAR JUK TEK TO SUPPORTING LEG, HOOK, CROSS, HOOK (CAN LEAD O'OU TEK AFTER JUK TEK)**
- 12) **[REAR] STEP OUT & LEAD JUK TEK TO LEG, CROSS, HOOK, CROSS**

UNG MOON

- 14) **PAC SAO, JIK DUM TEK - STRAIGHT STOMP KICK**
- 15) **KOW SAO, JUK TEK - SCOOP ARM, SIDE KICK**

HALF DA (SEUNG PAC) SERIES

- 1) **SEUNG PAC SAO DA [BLOCK] JIK CHUNG CHOY (STRAIGHT BLAST TO CHEST)**
- 2) **SEUNG PAC SAO DA [BLOCK] LEAD PAC SAO (TO ELBOW - HINGE) REAR SUT SAO, REAR LON SAO DA**
- 3) **SEUNG PAC SAO DA [BLOCK] LEAD JUT SAO REAR SUT SAO, REAR LON SAO DA**
- 4) **SEUNG PAC SAO DA [BLOCK] HUEN SAO (LOOP HAND BACK OVER), PAC SAO REAR SUT SAO, REAR LON SAO DA**
- 5) **SEUNG PAC SAO DA [BLOCK] REAR TOY SAO (CAN HOLD ARM WITH LEAD HAND), REAR BIU GEE (THROAT/FACE), REAR LON SAO DA (CAN DO PAC SUT AFTER TOY SAO TO END IF WANT)**

JUK TEK SERIES

- 3) **JEET QUE WITH JIK TEK TO THE GROIN, CROSS, HOOK, CROSS (DOESN'T MOVE BACK AFTER KICK)**
- 4) **LEAD O'OU SAO (HOOKING HAND), REAR O'OU TEK, LEAD O'OU TEK, CROSS, HOOK, CROSS IF PARTNER DOESN'T MOVE BACK THEN STRAIGHT INTO CHC AFTER REAR KICK**

ADVANCED PAC-LOP DRILLS

REPEAT FOLLOWING CYCLES

- 1) **PAC SAO DA [BLOCK] BIU GEE, PAC SAO DA**
- 2) **LOP SAO DA, PAC SAO DA [BLOCK] BIU GEE, LOP SAO DA, PAC SAO DA**
- 3) **PAC SAO DA, LOP SAO DA, PAC SAO DA [BLOCK] BIU GEE, PAC SAO DA, LOP SAO DA, PAC SAO DA**