



Phoenix Martial Arts Academy Syllabus

ORANGE BELT

PUNCHING

BASIC HAND COMBINATIONS (1-4)
THAI BOXING 4 COUNTS (1-10)
JUN FAN 1-2 SERIES (1-4)
JUN FAN 1-3 SERIES (1-2)

TRAPPING

COMPOUND TRAPPING (1-2)

GRAPPLING

MOUNT ESCAPE
GUARD ESCAPE
DOUBLE LEG TAKEDOWN TO MOUNT
V-ARM LOCK FROM MOUNT, CHOKE, ARMBAR

STICK

ANGLES (1-8)
SINGLE STICK COUNTS (1-4)

ENERGY DRILLS

OUTSIDE HUBUD
LOP SAO CYCLE

KICKING

STOMP KICK (DUM TEK)
REAR OBLIQUE KICK
LEAD TOE KICK TO LEG/GROIN

FOOT WORK

JUN FAN 1-12

DEFENCE

LEAD LEG SHIELD
CROSS LEG SHIELD
REAR LEG SHIELD
SINGLE COVER
ELBOW DEFLECTION
BOB & WEAVE

KNIFE

DISARM FLOW DRILL (1-4)
KNIFE TAPPING
KALI NUMBERING (1-5)

BOXING SPARRING

UNG MOON (1-5)

JKD FOOTWORK

- 9) SLIDE STEP ADVANCE
- 10) SLIDE STEP RETREAT
- 11) SLIDE STEP LEFT
- 12) SLIDE STEP RIGHT

THAI BOXING 4 COUNTS

- 1) L KICK, CROSS, HOOK, R KICK
- 2) L KICK, CROSS, HOOK, L KICK
- 3) L KICK, CROSS, HOOK, R ELBOW
- 4) L KICK, CROSS, HOOK, R KNEE
- 5) L KICK, CROSS, HOOK, CROSS
- 6) R KICK, HOOK, CROSS, L KICK
- 7) R KICK, HOOK, CROSS, R KICK
- 8) R KICK, HOOK, CROSS, L ELBOW
- 9) R KICK, HOOK, CROSS, L KNEE
- 10) R KICK, HOOK, CROSS, HOOK

JUN FAN 1-3 SERIES (JAB, LEAD HOOK)

SCOOP THE JAB, WHEN THE HOOK COMES:

- 1) COVER, HOOK, CROSS, HOOK
- 2) BOB & WEAVE (LEFT TO RIGHT), CROSS, HOOK, CROSS

JUN FAN 1-2 SERIES (JAB, CROSS)

SCOOP THE JAB, WHEN THE CROSS COMES:

- 3) ELBOW DEFLECTION, CROSS, HOOK, CROSS
- 4) BOB & WEAVE (RIGHT TO LEFT), HOOK, CROSS, HOOK

STICK ANGLES

STICK IN RIGHT HAND WITH RIGHT FOOT FORWARD

- #1 DOWNWARDS FOREHAND DIAGONAL
- #2 DOWNWARDS BACKHAND DIAGONAL
- #3 FOREHAND HORIZONTAL
- #4 BACKHAND HORIZONTAL
- #5 FOREHAND THRUST TO MIDSECTION
- #6 BACKHAND THRUST TO MIDSECTION
- #7 FOREHAND STRIKE TO KNEE
- #8 BACKHAND STRIKE TO KNEE

KALI NUMBERING

KNIFE IN RIGHT HAND WITH RIGHT FOOT FORWARD

- #1 DOWNWARDS FOREHAND DIAGONAL
- #2 DOWNWARDS BACKHAND DIAGONAL
- #3 FOREHAND HORIZONTAL
- #4 BACKHAND HORIZONTAL
- #5 STAB TO MIDSECTION (CENTRELINE)

SINGLE STICK – 4 COUNT

- 1) #1
- 2) #2
- 3) #7
- 4) #8

SINGLE STICK – 6 COUNT

- 1) #1
- 2) #2
- 3) #7
- 4) #2
- 5) #1
- 6) #8

SINGLE STICK – 5 COUNTS

- 1) #1
- 2) #2
- 3) #1
- 4) #8 WITIK
- 5) #2

1) #2

2) #1

3) #2

4) #7 WITIK

5) #1

LOBTIK – STRIKE THROUGH

WITIK – HIT & RETRACT TO SAME SIDE

BASIC HAND COMBINATIONS

- 3) CROSS, HOOK, CROSS
- 4) CROSS, UPPERCUT, CROSS

UNG MOON (1-5)

- 1) TAN SAO, DA - PALM UP BLOCK
- 2) BIU SAO, DA - FINGER BLOCK
- 3) HA WOANG PAC, DA - LOW OUTSIDE PARRY
- 4) GOANG SAO, DA - LOW OUTSIDE WRIST BLOCK
- 5) HA PAC, DA - SLAP DOWN WITH PALM

COMPOUND TRAPPING

- 1) PAC SAO TO LOP SAO (SAME ARM)
- 2) LOP SAO TO PAC SAO (SAME ARM)