



Phoenix Martial Arts Academy Syllabus

WHITE BELT

STANCE

**ON GUARD:
RIGHT LEAD
LEFT LEAD**

FOOTWORK

**JUN FAN (1-4)
1) STEP SLIDE ADVANCE
2) STEP SLIDE RETREAT
3) STEP SLIDE LEFT
4) STEP SLIDE RIGHT**

PUNCHING

**JAB
CROSS
HOOK
UPPERCUT**

KICKING

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

DEFENCE

**CATCH
SCOOP
PARRY**

JUN FAN SALUTATION