



EXTRACTS OF THE JUN FAN 1-2 & 1-3 SERIES ARE LISTED BELOW:

JAB, CROSS/1-2 SERIES

PARRY THE JAB, WHEN THE CROSS COMES YOU:

- 1) SHOULDER ROLL, CROSS, HOOK, CROSS
- 2) SHOULDER ROLL WITH O'OU TEK, CROSS, HOOK, CROSS
- 3) ELBOW DEFLECTION, CROSS, HOOK, CROSS
- 4) BOB & WEAVE, HOOK, CROSS, HOOK
- 5) SWAY BACK, CROSS, HOOK, CROSS
- 6) DUCK, CROSS, HOOK, CROSS
- 7) SLIP INSIDE, CROSS, HOOK, CROSS
- 8) SLIP OUTSIDE, HOOK, CROSS, HOOK
- 9) SHOULDER STOP, CROSS, HOOK, CROSS
- 10) BICEP STOP, CROSS, HOOK, CROSS

**** ADD TWO KICKS AT END ****

JAB, HOOK/1-3 SERIES

PARRY THE JAB, WHEN THE HOOK COMES YOU:

- 1) COVER, HOOK, CROSS, HOOK
- 2) BOB & WEAVE, CROSS, HOOK, CROSS
- 3) COVER & HIT, CROSS, HOOK, CROSS
- 4) JONG SAO (ARM INSERTION) & HIT, CROSS, HOOK, CROSS
- 5) TAN SAO & HIT, CROSS, HOOK, CROSS
- 6) BIU SAO & HIT, CROSS, HOOK, CROSS