



Phoenix Martial Arts Academy Junior Syllabus

ORANGE

PUNCHING

VERTICAL PUNCH (CHUN CHOY)
HORIZONTAL ELBOW - LEAD & REAR
ENTERING JAB
BASIC HAND COMBINATIONS (1-4)
JUN FAN 1-2 SERIES (1-4)
THAI BOXING 4 COUNTS (1-4)

TRAPPING

COMPOUND TRAPPING (1-2)

ENERGY DRILLS

OUTSIDE HUBUD
LOP SAO CYCLE

UNG MOON (1-2)

KICKING

KNEE (SOT) - LEAD & REAR
REAR OBLIQUE KICK

FOOTWORK

PUSH SHUFFLE ADVANCE
PUSH SHUFFLE RETREAT
PUSH SHUFFLE LEFT
PUSH SHUFFLE RIGHT

DEFENCE

LEAD LEG SHIELD
REAR LEG SHIELD
CROSS LEG SHIELD
ELBOW DEFLECTION
BOB & WEAVE
PALM UP BLOCK (TAN SAO)
FINGER BLOCK (BUI SAO)

STICK

STICK ANGLES (1-8)

THAI BOXING FOUR COUNTS

- 1) **L KICK , CROSS, HOOK, R KICK**
- 2) **L KICK, CROSS, HOOK, L KICK**
- 3) **R KICK, HOOK, CROSS, R KICK**
- 4) **R KICK, HOOK, CROSS, L KICK**

JUN FAN 1-2

- 1) **SHOULDER ROLL, CROSS, HOOK, CROSS**
- 2) **SHOULDER ROLL WITH O'OU TEK (ROUND KICK), CROSS, HOOK, CROSS**
- 3) **ELBOW DEFLECTION, CROSS, HOOK, CROSS**
- 4) **BOB & WEAVE, HOOK, CROSS, HOOK**

BASIC HAND COMBINATIONS

- 1) **JAB, CROSS, HOOK**
- 2) **JAB, HOOK, CROSS**
- 3) **CROSS, HOOK, CROSS**
- 4) **CROSS, UPPER CUT, CROSS**

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**

COMPOUND TRAPPING

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

UNG MOON (5 GATE DEFENCE)

- 1) **TAN SAO, DA PALM UP BLOCK**
- 2) **BIU SAO, DA FINGER BLOCK**