



Phoenix Martial Arts Academy Syllabus

YELLOW BELT

PUNCHING

FINGER JAB (BIU GEE)
BASIC HAND COMBINATIONS (1-2)
HORIZONTAL ELBOW - LEAD AND REAR
JUN FAN 1-2 SERIES (1-2)
THAI BOXING 4 COUNTS (1-5)

KICKING

SIDE KICK (JUK TEK) - LEAD AND REAR
KNEE (SOT) - LEAD AND REAR
BRIDGING GAP WITH FOOTWORK FOLLOWED BY:
FRONT KICK (JIK TEK)
ROUND KICK (O'OU TEK)
SIDE KICK (JUK TEK)

TRAPPING

PAC SAO
LOP SAO

FOOTWORK

JUN FAN 1-8

GRAPPLING

POSITIONS
MOUNT
GUARD
V-ARM LOCK (MOUNT)
SIDE STRANGLE (GUARD)

DEFENCE

SHOULDER ROLL

ENERGY DRILLS

HUBUD 1-FOR-1

UNG MOON (1-2)

JUN FAN FOOTWORK

- 1) **STEP AND SLIDE ADVANCE**
- 2) **STEP AND SLIDE RETREAT**
- 3) **STEP AND SLIDE LEFT**
- 4) **STEP AND SLIDE RIGHT**
- 5) **PUSH SHUFFLE ADVANCE**
- 6) **PUSH SHUFFLE RETREAT**
- 7) **PUSH SHUFFLE LEFT**
- 8) **PUSH SHUFFLE 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**

JUN FAN 1-2 SERIES (JAB, CROSS)

SCOOP THE JAB, WHEN THE CROSS COMES:

- 1) **SHOULDER ROLL, CROSS, HOOK, CROSS**
- 2) **SHOULDER ROLL WITH ROUND KICK, CROSS, HOOK, CROSS**

A) SCOOP, CROSS, HOOK, CROSS

TRAPPING

DA – PUNCH

PAC SAO – SLAPPING HAND

LOP SAO – PULLING HAND

HUBUD 1-FOR-1

[R PUNCH]

BLOCK WITH OUTSIDE OF L WRIST

CARRY UNDERNEATH WITH R WRIST

TRAP OPPONENT'S FOREARM WITH L PALM (DON'T GRAB WITH THUMB)

R PUNCH

[BLOCK WITH OUTSIDE OF L WRIST]

ETC ...

UNG MOON (5 GATE DEFENCE)

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

BASIC HAND COMBINATIONS

- 1) **JAB, CROSS, HOOK**
- 2) **JAB, HOOK, CROSS**