



## **JUN FAN JEET KUNE DO BEGINNING SYLLABUS**

### **SALUTATION**

#### **STANCES**

- 1) **YEE CHI KIM YEUNG MA (CHARACTER 2 GOAT RESTRAINING STANCE)**
- 2) **BI JONG**
- 3) **RIGHT LEAD & LEFT LEAD**

#### **FOOTWORK**

**STEP AND SLIDE ADVANCE**  
**STEP AND SLIDE RETREAT**  
**SLIDE STEP ADVANCE**  
**SLIDE STEP RETREAT**  
**PUSH SHUFFLE ADVANCE**  
**PUSH SHUFFLE RETREAT**  
**STEP AND SLIDE LEFT**  
**STEP AND SLIDE RIGHT**  
**SLIDE STEP LEFT**  
**SLIDE STEP RIGHT**  
**PUSH SHUFFLE LEFT**  
**PUSH SHUFFLE RIGHT**  
**FORWARD (FEMALE) TRIANGLE**  
**REVERSE (MALE) TRIANGLE**  
**REPLACEMENT STEP (LATERAL TRIANGLE)**  
**PENDULUM STEP**  
**PENDULUM STEP (ONE FOOT)**  
**JAG STEP (LEAD STEP THREE WAYS)**  
**STEP & ¼ TURN LEFT**  
**STEP & ¼ TURN RIGHT**  
**¼ TURN LEFT**  
**¼ TURN RIGHT**  
**CURVE STEP LEFT**  
**CURVE STEP RIGHT**  
**STEP THROUGH**  
**STEP BACK**  
**HEEL TOE SWAY**

#### **THE 5 BASIC JABS**

**FINGER JAB**  
**SPEED JAB**  
**FULL BODY JAB**  
**ENTERING JAB**  
**BODY JAB**

#### **BASIC PUNCHING**

**JAB**  
**CROSS**  
**HOOK (LEAD)**  
**UPPERCUT (LEAD & REAR)**  
**OVERHEAD (LEAD & REAR)**  
**BODY HOOK (LEAD)**



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### **BASIC DEFENSE TO PUNCHING**

- 1) **SWAY BACK**
- 2) **DUCK**
- 3) **SLIP LEFT**
- 4) **SLIP RIGHT**
- 5) **BOB & WEAVE**
- 6) **SINGLE COVER LEAD & REAR**
- 7) **DOUBLE COVER**
- 8) **PEEK-A-BOO**

### **BASIC HAND COMBINATIONS – ATTACK BY COMBINATION (ABC)**

- 1) **JAB, CROSS, HOOK**
  - 2) **JAB, HOOK, CROSS**
  - 3) **CROSS, HOOK, CROSS**
  - 4) **CROSS, UPPERCUT, CROSS**
  - 5) **JAB, CROSS, UPPERCUT**
  - 6) **OVERHEAD, UPPERCUT, OVERHEAD (LEAD, REAR, LEAD & REAR, LEAD, REAR)**
  - 7) **UPPERCUT, OVERHEAD, UPPERCUT (REAR, LEAD, REAR & LEAD, REAR, LEAD)**
  - 8) **CROSS, BODY HOOK, CROSS**
  - 9) **REAR UPPERCUT, HOOK, CROSS**
  - 10) **UPPERCUT, CROSS, HOOK**
  - 11) **JAB, LEAD UPPERCUT, CROSS**
  - 12) **JAB, CROSS, REAR UPPERCUT (ON SAME MITT)**
- \*\* ADD TWO KICKS ON END \*\***

### **BASIC KICKING**

- 1) **JIK TEK – STRAIGHT KICK – TOE OR FLAT OF FOOT**
- 2) **DUM TEK – STOMP KICK (LEAD & REAR)**
- 3) **JUK TEK – SIDE KICK**
- 4) **O'OU TEK – ROUND KICK (HOOK KICK)**
- 5) **GUA TEK – CRESENT KICK TO GROIN**
- 6) **HOW TEK – BACK KICK (DONKEY KICK)**
- 7) **JUN JUK TEK – SPINNING SIDE KICK**
- 8) **JUN O'OU TEK – SPINNING HOOK KICK**
- 9) **JUN GUA TEK – SPINNING CRESENT KICK**
- 10) **JUN SO TEK – LOW SPINNING HOOK KICK (SWEEP)**
- 11) **JEET TEK – INTERCEPTING KICK**

### **BASIC KICKING COMBINATIONS**

- 1) **JIK TEK TO O'OU TEK**
- 2) **O'OU TEK TO JUK TEK**
- 3) **O'OU TEK TO DUM TEK CLOSE RANGE**
- 4) **O'OU TEK TO FEEDER RUNS BACK YOU DUM TEK**
- 5) **DUM TEK TO O'OU TEK**

### **BASIC KICK DEFENCE**

- 1) **LEAD LEG SHIELD**
- 2) **CROSS LEG SHIELD**
- 3) **REAR LEG SHIELD**
- 4) **MIDDLE KICK DEFENSE FRONT LEG**
- 5) **MIDDLE KICK DEFENSE REAR LEG**
- 6) **HIGH KICK DEFENSE LEFT**
- 7) **HIGH KICK DEFENSE RIGHT**
- 8) **SWAY BACK**
- 9) **PAC TEK (ON THIGH, STOMACH OR CHEST)**
- 10) **PENDULUM**



## **JUN FAN JEET KUNE DO BEGINNING SYLLABUS**

### **TRAPPING**

- 1) **PAC SAO – SLAPPING HAND**
- 2) **LOP SAO – PULLING HAND**
- 3) **GUA CHOY - BACKFIST**
- 4) **BIU GEE – FINGER JAB**
- 5) **SUT SAO – KNIFE HAND**
- 6) **PING CHOY – HORIZONTAL FIST (ALSO SLANT LEFT & SLANT RIGHT)**
- 7) **CHOP CHOY – EXTENDED KNUCKLE PUNCH**
- 8) **JUAN GERN – ROUND PALM**
- 9) **JIK (DIM) GERN – STRAIGHT PALM**
- CHUNG CHOY – VERTICAL FIST**
- GIN CHOY – UPPERCUT**
- DA – STRIKE**
- BIU SAO – FINGER BLOCK**
- MON SAO – INQUISITIVE HAND**
- WU SAO – PROTECTING HAND**
- LAU SING CHOY – RAKE DOWN**

### **COMPOUND TRAPPING**

- 1) **PAC SAO DA TO LOP SAO DA SAME ARM**
- 2) **LOP SAO DA TO PAC SAO DA SAME ARM**
- 3) **PAC SAO DA LOP SAO DA (BLOCK PAST CENTRELINE)**
- 4) **PAC SAO DA BIU GEE LOP SAO GUA CHOY**
- 5) **PAC SAO DA LOY PAC SAO DA (BLOCK ON CENTRELINE)**
- 6) **PAC SAO DA BIU GEE (WEDGE) PAC SAO DA**
- 7) **LOP SAO DA LOP SAO DA**
- 8) **LOP SAO DA TO PAC SAO DA**
- 9) **SEUNG PAC SAO DA (DOUBLE PAC SAO)**

### **TRAPPING - THE 5 PAC SAO**

- 1) **BEFORE THE PUNCH**
- 2) **DURING THE PUNCH**
- 3) **FROM THE CONNECTION (REFERENCE POINT)**
- 4) **FROM THE RETRACTION**
- 5) **AFTER THE PUNCH**

### **COMPLEX TRAPPING**

- 1) **CHOP CHOY, GUA CHOY (LOW KNUCKLE PUNCH, BACKFIST)**
  - 2) **PING CHOY, GUA CHOY (HORIZONTAL FIST, BACKFIST)**
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- A) **LOW STRIKE, [BLOCK] PAC SAO DA (BACKFIST), [LEAD HAND BLOCK] AGAINST LEAD ARM BLOCK USE COMPOUND TRAPPING SERIES ABOVE**
  - B) **LOW STRIKE, [BLOCK] PAC SAO DA (BACKFIST), [REAR HAND BLOCK] AGAINST REAR ARM BLOCK USE:  
[BLOCK ON CENTRE] LOY PAC SAO DA  
[BLOCK ON CENTRE] LOY PAC SAO TO CUP SAO GIN CHOY  
[BLOCK PAST CENTRE] LOP SAO DA**

### **LONG RANGE ENTRIES (BRIDGING THE GAP)**

**ADD PAC SAO DA TO END OF EACH ENTRY**

**MEDIUM/LONG RANGE**

- 1) **BIU GEE (MON SAO)**
- 2) **CHOP CHOY GUA CHOY (LOW, HIGH)**
- 3) **BIU GEE, CHOP CHOY GUA CHOY (HIGH, LOW, HIGH)**

**LONG RANGE**

- 4) **BIU GEE O'OU TEK (FINGER JAB TO ROUND KICK WITH SLIDE STEP FOOTWORK)**
- 5) **CHOP CHOY GUA CHOY O'OU TEK (LOW, HIGH TO ROUND KICK)**
- 6) **BIU GEE, CHOP CHOY GUA CHOY O'OU TEK (HIGH, LOW, HIGH TO ROUND KICK)**



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### **ENTRIES TO FOCUS MITTS (MIX ENTRIES WITH HAND TECHNIQUES)**

**USE CROSS INSTEAD OF PAC SAO**

### **ENERGY DRILLS**

**A) LOP SAO CYCLE (LOP SAO DA, [BOANG SAO, WU SAO])**

**SWITCH BY GRABBING AS OPP BLOCKS**

**RELAX AS BOANG SAO, TENSE AS STRIKE**

**B) PAC SAO CYCLE (SEUNG PAC SAO & SUT SAO – SWITCH WITH TOY SAO – TRACK HAND BACK)**

### **UNG MOON (5 GATE DEFENCE)**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 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               |
| 6) LOY WOANG PAC, BIU GEE          | INSIDE PARRY + FINGER JAB         |
| 7) NOY WOANG PAC, BIU GEE          | OUTSIDE PARRY + FINGER JAB        |
| 8) NOY BIU GEE                     | OUTSIDE FINGER JAB                |
| 9) LOY BIU GEE                     | INSIDE FINGER JAB                 |
| 10) TOY SAO, BIU GEE               | FOLLOW BACK + FINGER JAB          |
| 11) GO LON SAO, DA                 | RAISED ARM BLOCK                  |
| 12) LON SAO, DA                    | HORIZONTAL FOREARM BLOCK          |
| 13) LON SAO, DA (GO, HA, GO)       | AS 12) WITH PUNCH HIGH, LOW, HIGH |
| 14) PAC SAO, JIK DUM TEK           | STRAIGHT STOMP KICK               |
| 15) KOW SAO, JUK TEK               | SCOOP ARM, SIDE KICK              |
| 16) BIU GEE - BOANG SAO - LOP SAO: |                                   |
| A) CHUNG CHOY                      | VERTICAL FIST                     |
| B) GUA CHOY                        | BACK FIST                         |
| C) LAU SING CHOY                   | RAKE DOWN VERTICALLY              |
| D) SUT SAO                         | KNIFE/CHOPPING HAND               |
| E) SOT QUE                         | HAMMER FIST                       |
| F) GIN CHOY                        | UPPERCUT                          |
| G) JIK GERN                        | STRAIGHT PALM                     |
| H) JUAN GERN                       | ROUND PALM                        |

**BOW OUT**

### **WOODEN DUMMY FORM #3 AND #4**