

ADVANCED BEGINNER PHASE I 3/1/04

JUN FAN

PRINCIPLES

- INTERCEPTION
- CENTERLINE THEORY
- THINK HIT
- BAI JONG (ON GUARD POSITION)

FOOTWORK

- STEP AND SLIDE
- SLIDE STEP

OFFENSE

- STRAIGHT LEAD HAND PUNCH
- STRAIGHT BLAST/CHAIN PUNCH
- LEG OBSTRUCTION/SLIDING LEG OBSTRUCTION

DEFENSE

- PAK SAO
- BOING SAO
- TAN SAO
- FUK SAO
- LAP SAO

OTHER

- DON CHI SAO
- ROLLING HANDS

BOXING/KICKBOXING/MAUY THAI

OFFENSE

- BOXING 10 COUNT
- SIDE KICK
- ROUND KICK
- FRONT KICK

DEFENSE

- SLIP
- BOB
- KNEE BLOCKING
- INSIDE/OUTSIDE

GRAPPLING

CONTROLLING POSITIONS

- GUARD
- MOUNT
- CROSS MOUNT
- SIDE MOUNT

TAKE DOWNS (LEFT AND RIGHT)

- OUTSIDE SWEEP
- SINGLE LEG TAKEDOWN
- INSIDE HEAD MANIPULATION
- HIP THROW

LOCKS AND CHOKES

(FROM ALL FOUR CONTROLS)

- ARM BAR
- KEY LOCK
- KIMURA LOCK
- CHOKE

ESCAPES

- 1 ESCAPE FROM ALL 4 CONTROLS
- 1 SWEEP FROM GUARD

KALI/ESCRIMA/ARNIS

SINGLE STICK

- 12 STRIKES
- DOCE PARES 11 COUNT
- 5 STRIKES BLOCK/HAND DESTRUCTION
- 5 STRIKES EMPTY HAND DEFENSE
- FROM LINE 1
 - 5 AGAWS (DISARMS)
 - 2 TAKEDOWN
- FROM LINE 2
 - 2 AGAWS
 - 1 TAKEDOWN

DOUBLE STICK

- HEAVEN 6
- HEAVEN AND EARTH 6 (2, 5 DOWN)
- CUP CUP CROSS OVER

BOX PATTERN

- SINGLE STICK

TWIRLING

- OUTSIDE FORWARD TWIRL
- OUTSIDE REVERSE TWIRL
- SINGLE RODONDO