

BEGINNER TESTING REQUIREMENTS

- 1) Approximately 200+ hours of actual class time or private training.
- 2) Each technique will be executed 3 times to assess an average skill level. Each must be performed at a high level of competency for both individual techniques and combinations of techniques.
- 3) Additionally, a moderate level of skill in sparring for striking, grappling, and kali.

JEET KUNE DO PRINCIPLES

WHAT IS A PRINCIPLE?

A fundamental, primary, or general law or truth from which others are derived. A determining characteristic of something, an essential quality.

THE 4 ROOT PRINCIPLES OF JKD

- 1) Simple, direct, efficient (SDE)
- 2) Positional superiority
- 3) Movement
- 4) The way of The intercepting fist

BAI JONG STANCE (on guard position)

- 1) Foot placement/alignment
- 2) Weight distribution
- 3) Hand placement

FOOTWORK

- 1) Step Slide (shuffle step)
 - Forward/backward
 - Left/right
- 2) Slide Step
 - Forward/backward
- 3) Circle Step
 - a) Front pivot
 - 1) Same stance (left/right)
 - 2) Switch stance
 - b) Rear pivot

- 1) Same stance (left/right)
- 2) Switch stance

STRIKING (left and right stance)

PRINCIPLES OF STRIKING

- 1) Generating Force
- 2) Delivering Force

- 3) 5 Ways of Attack
 - SDA single direct attack
 - ABC attack by combination
 - ABD attack by drawing
 - HIA hand immobilization attack
 - PIA progressive indirect attack

STRIKING TECHNIQUE (left and right lead)

- 1) Straight Lead Hand Punch

- 2) Boxing 10 count

- 3) Side Kick
 - a) Stationary
 - Front
 - Rear
 - b) Sliding

- 4) Round Kick (roundhouse)
 - a) Stationary
 - Front
 - Rear
 - b) Sliding

- 5) Front Kick
 - a) Stationary
 - Front
 - Rear
 - b) Sliding

- 6) Straight Knee
 - a) Front
 - b) Rear

STRIKING DEFENSE

- 1) Parry (pak sao)

- a) Simple
 - Front
 - Rear
 - b) With punch (pak da)
- 2) Cover (front and rear)
- a) Simple
 - High
 - Low
 - b) With counter punch (opposite hand)
- 3) Cover Parry (front and rear)
- a) Simple
 - High (head)
 - Low (body)
 - b) With counter punch (opposite hand)
- 4) Huen Sao (swim)
- To body clinch

GRAPPLING

PRINCIPLES

- 1) Head up
- 2) Arms bent
- 3) Knees apart
- 4) Attacking/controlling: lock-in position/remove space
- 5) Defending/escaping: change position/create space

TAKEDOWN PRINCIPLES

(From left and right stance from clinch of your choice)

- 1) Leg
- 2) Sweep
- 3) Lift
- 4) Drop

TAKEDOWN DEFENSIVE PRINCIPLES

- 1) Overhook (whizzer)
- 2) Sprawl

FRAMING PRINCIPLES

- 1) Framing grips
 - a) Gable
 - b) Hammer
 - c) Wrist

- d) Biceps
- 2) Lockdown
- 3) Wedge
- 4) Locking wedge

CONTROL POSITIONS

- 1) Guard
 - a) On bottom (On guard)
 - 1) Control/striking defense
 - Closed
 - Open (escape)
 - 2) Sweep
 - 3) Attacks
 - a) Guillotine
 - b) Arm bar
 - c) Triangle
 - d) Kimura
 - b) On knees (In guard)
 - 1) Control
 - a) A-frame
 - a) Open grip
 - Biceps
 - Hip
 - 2) Pass (escape)
 - 3) Defense
 - a) Guillotine
 - Double under
 - Over-under
 - b) Arm bar
 - c) Triangle
 - Posture up
 - Lateral wedge
 - d) Kimura
 - Under body
 - Under leg
- 2) Rear guard
 - a) In back (On rear guard)
 - 1) Cobra choke (rear naked)
 - 2) Scissor choke (modified rear naked)
 - b) In front (In rear guard)
 - 1) Defense
 - a) Rear naked choke
 - b) Escape guard (pass)

- 3) Mount (full or top)
 - a) On top (Mount)
 - 1) Control
 - 2) Attacks
 - a) Choke/crank/compression lock
 - b) On bottom (Mounted)
 - 1) Defense
 - a) A-frame
 - Wedge
 - Lock-down
 - b) Escape
- 4) Cross Mount (side control)
 - a) Top
 - 1) Control
 - a) Double over
 - b) Over-under
 - 2) Attacks
 - a) Choke/crank/compression
 - b) Bottom
 - 1) Defense
 - a) Lock down
 - 2) Escape

KALI/ESCRIMA/ARNIS

DEFINITIONS

- 1) Puno - "Fist" the butt end of the stick
- 2) Cinco Tero - Five strikes
- 3) Line - The direction or angle of an attack
- 4) Check - A "check" of opponent's weapon location
- 5) Redondo - Spanish "round" strike
- 6) Abanico - "Fan" strike

BLUNT WEAPON PRINCIPLES

- 1) Don't get hit in the head
- 2) Destroy or control what holds the weapon

SINGLE STICK

TWIRLING/PASSING/PATTERNS (left and right hand)

- 1) Twirling (redondo) up and down

- a) Outside
 - b) Inside
 - c) Outside-inside
- 2) Passing
 - a) Behind the back shoulder pass
 - b) Underarm pass
- 3) Patterns
 - a) 11 count
 - 1) Solo
 - 2) With partner

CINCO TERO DEFENSE (block & check with grab)

- 1) Stick-up block
 - a) Simple
 - 1 line reflex block variation
 - 5 line abanico variation
 - b) With strike
 - 1) Line 1 strike
 - 2) Line 2 strike
 - 3) Abanico strike
 - Inside-outside (1 line, 2 line)
 - Outside-inside (2 line, 1 line)
- 2) Stick-down block
 - a) Simple
 - 4 line roof and shield variations
 - b) With strike
 - 1) Line 1 strike
 - 2) Line 2 strike
 - 3) Abanico strike

DISARMS

- 1) Line 1 INSIDE (stick-up or stick-down)
 - a) From grab
 - 5 disarms
 - b) From snake
 - 5 disarms
- 2) Line 2 (stick-up or stick down)
 - a) 5 disarms

DOUBLE STICK

DOUBLE STICK CINCO TERO DEFENSE (left/right hand feed)

- 1) Stick-up
 - 1 line reflex block variation
- 2) Stick-up with 1 line strike
 - a) Right hand strikes
 - b) Left hand strikes
 - c) Alternating strikes
- 3) Stick-up with 2 line strike
 - a) Right hand strikes
 - b) Left hand strikes
 - c) Alternating strikes
- 4) Stick-up with abanico strikes
 - a) Right hand strikes
 - b) Left hand strikes
 - c) Alternating strikes

DOUBLE STICK TWIRLING/PATTERNS

- 1) Twirling (redondo)
 - a) Double outside (down)
 - b) Double outside (up)
 - c) Double inside/outside (down)
- 2) Patterns
 - 1) Heaven six
 - 2) Heaven and earth six (2 and 5 down)
 - 3) Cup-cup cross-over
 - 4) Heaven 3 count switch
 - 5) Heaven broken six

EMPTY HAND

DEFENSIVE PRINCIPLES (blunt weapon)

- 1) Hands above head (don't get hit in the head)
- 2) Close the gap
- 3) Control the weapon
- 4) Soften him up

ATTACHMENT TYPES

- 1) Stick
- 2) Hand
- 3) Elbow

EMPTY HAND CINCO TERO DEFENSE

- 1) line 1 with strike
 - a) Elbow/shoulder attachment
 - Ear slap
 - Elbow
 - Knee
 - b) Wrist/arm attachment
 - Hammer fist
 - Straight lead
 - Kick
- 2) line 2 with strike
 - a) Wrist/arm attachment
 - Hammer fist
 - Cross
 - Knee
 - b) Stick/wrist
 - Straight lead
 - Kick

EMPTY HAND DISARMS

- 1) line 1
 - a) From snake
 - 5 disarms
 - b) from grab
 - 5 disarms
- 2) line 2
 - a) 5 disarms

EMPTY HAND THROWS/LOCKS/SUBMISSIONS

- 1) line 1
 - a) 5 throws
 - b) 1 lock/submission
- 2) line 2
 - a) 2 throws
 - b) 1 lock/submission