

Kai-Shin Jeet Kune Do: QUICK PEEK Rank Requirements Reference Guide

Rank	Striking	Clinching	Trapping	Manipulation	Grappling
Moving from BASIC: Level-1 to BASIC: Level-2	BLOCKS & ENTRIES: Helmet Horizontal Gunting Parry Vertical Gunting STRIKES: Jab Curve Knee Cross Straight Knee Slap Horizontal Elbow Hook Downward Elbow Uppercut Vertical Elbow Finger Jab Lead Round Kick Straight Blast Rear Round Kick	Wrist Game Neck Game Arm Drag Game Chest Pummeling			
Moving from BASIC: Level-2 to BASIC: Level-3	ENTRIES: COMBOS & SERIES: Split Entry 1-2 (Jab Cross) Inward Gunting 3-Count Series Backhand Gunting 4-Count Series Waslik Thai Series #1 Undercut / Wrench Thai Series #2 Stack series STRIKES: 13-Count Front Kick R.A.T. Teep Knee Bump Long Knee	Front Body Hug Inside Body Hug Outside Body Hug Rear Body Hug Over/Under Hook Head Control T-Position		TAKEDOWNS: Lasso Takedown Leg Hook Takedown	Octopus Drill #1 Bridge - Shrimp - Chest Escape Trap Bridge and Roll Elbow Escape Scissor Sweep Table Leg Sweep Table Saw Pass (Top & Side) Get up from guard Frame-Bridge-Shrimp to Guard
Moving from BASIC: Level-3 to INTERMEDIATE: Level-1	HOLDING MITTS & PADS FOR: All Previous Combos & Series Cross Counter Series (Concepts) Hook Counter Series (Concepts) Trapping on Focus Mitts	STRIKING WHILE CLINCHING: Shoulder Butt Combo Over Under Punching The Knee Game	TRAPPING COMBOS: Pak-Lop Double Pak Pak-Wedge-Pak HUBAD: Pass, Stop, Switch The Base Punch For Punch Elbow For Elbow	DOUBLE LEG TAKEDOWNS: -Forward Double -Side Double -Diagonal Double -Single-Double	Octopus Drill #2 Octopus Drill #3 Half guard Pass Half Butterfly sweep Leg Over Head Escape Chicken Run Knee Mount Escape Guard Block Stages 1-4