

Kai-Shin Jeet Kune Do

BASIC: Level-2 Requirements For DIRECT STUDENTS

STRIKING

Blocking:

1. Parry
2. Tight Cover
3. Wide Cover
4. The “Helmet”

Panantukan Entries “Passauks”:

1. Tight Check Block / Vertical Gunting
2. Wide Check Block / Horizontal Gunting

Punches & Hand Strikes:

1. Jab / Finger Jab
2. Cross / Palm Strike
3. Hook / Wide Slap
4. Uppercut
5. Straight Blast

Elbow Strikes:

1. Horizontal/Lateral
2. Downward
3. Vertical

Knee Strikes:

1. Straight Knee
2. Curve Knee

Kicks:

1. Rear Round Kick
2. Lead Round Kick

COMPETENT EXECUTION OF THE R.A.T. (Rapid Assault Tactics)

PRINCIPLES of the R.A.T.

- 1. Interception/Destruction**
- 2. Forward Pressure**
- 3. Termination**

Focus Mitts / Thai Pads:

Student must be able to execute the following techniques & combinations on the

Focus Mitts / Thai Pads / Shields:

1. Jab
2. Cross / Palm
3. Hook / Slap
4. Uppercut
5. Straight Knees (Power Straight Knees x 4)
6. Horizontal Elbow (Power Elbows x 4)
7. Straight Blast

CLINCHING

1. Wrist Game & Elbow/Bicep Game

- Up & grab -Circle Over -Counter Grab
- Down & Grab -Circle Under

2. Arm Drag

- Single Arm Pushes
- Double Arm Push

3. Neck Game (single/double/50-50 tie)

- Centerline Entry -Chin Push -Elbow Pull
- The Turn Away -Cup to Cup

4. Chest Pummeling

- Basic Swimming
- Duck Under
- Arm Drag

5. Combine Clinching & Striking

- The Knee Game

6. Wrist Game from Stand-Up, as well as from defensive & offensive positions of Top Mount and the Guard.