

Kai-Shin Jeet Kune Do

BASIC: Level-3 Requirements For DIRECT STUDENTS

STRIKING

Panantukan Entries “Passauks”:

1. Split Entry
2. Inward Gunting
3. Backhand Gunting
4. Vertical Gunting w/ Uppercut / Arm Wrench
5. Waslik

Elbow Strikes:

1. Upward Diagonal Elbow

Kicks & Knees:

2. Front Kick
3. Teep / Push Kick

Knee Strikes:

1. Knee Bump
2. Long Knee

Focus Mitts / Thai Pads:

Student must be able to execute the following techniques & combinations on the Focus Mitts and the Thai Pads:

1. 1-2 (Jab-Cross)
2. 3-Count & 4-Count (+Kick or Knee)
3. Thai Series #1 (Punches & Kicks 1-6)
4. Thai Series #2 (Elbows & Knees 1-6)
5. Stack Series (1-8)
6. 13-Count
7. The R.A.T.

CLINCHING

1. Overhook
2. Underhook
3. Head Control
4. T-Position
5. Front Body Hug
6. Inside Body Hug
7. Outside Body Hug
8. Rear Body Hug

MANIPULATION

Rear & Side Takedowns:

1. Lasso Takedown (Rear Lasso Position)
2. Leg Hook Takedown (Inside Body Hug)

GRAPPLING

MOVEMENTS:

1. Shrimping
2. Bucking
3. Bridging
4. Framing

GROUND POSITIONS:

1. Top Mount (Low, Mid, High)
2. Guard Position (open/closed/half/scissor)
3. Side Mount
4. Mobile Side
5. Crushing Side
4. Scarf Hold (Shoulder or Head Scoop)
6. Reverse Scarf Hold
7. Tarantula Mount

GROUND POSITION DRILLS:

1. Octopus #1

ESCAPES, PASSES, & SWEEPS:

-Top Mount Escapes-

1. Trap, Bridge & Roll (Basic & Advanced)
2. Elbow Escape (Basic & Advanced)

-Side Mount Escapes-

1. Bridge & Shrimp to Guard

-Passing the Guard -

1. Table Saw Pass to Top Mount
2. Table Saw Pass to Side Mount
3. Table Saw Pass to Scarf Hold
4. Getting Up From Guard

-Sweeping From the Guard -

1. Scissor Sweep
2. Table Leg Sweep