

Kai-Shin Jeet Kune Do

INTERMEDIATE: Level-1 Requirements For DIRECT STUDENTS

STRIKING

Focus Mitts:

1. Cross Counter Series
2. Hook Counter Series
3. Pak-Lop > Follow Up Combination

Student must be able to competently hold

Focus Mitts & Thai Pads for:

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.

TRAPPING

Chinese Methods:

1. Pak-Sao
2. Lop-Sao
3. Wedge
4. Double Pak combination
5. Pak-Lop combination

Filipino Methods Higot-Hubad-Lubad:

1. The Base (Angle #1 Knife Hand)
 - Stop - Switches
 - Pass - Mix in Clinging
 - Roll/Wave - Mix in Trapping Combos
 - Arm Drag - Mix in Takedowns
2. Punch For Punch (Vertical Punch)
 - Stop (Ton) - Switches
 - Pass - Bong-Sao
 - Connect to "The Base"
3. Elbow For Elbow
 - Add Vertical Elbow
 - Add Abdominal Strike

MANIPULATION

Double Leg Takedowns:

1. Double Leg Takedown
2. Side Double
3. Diagonal Double
4. Single-Double

GRAPPLING

GROUND POSITIONS:

1. Knee Mount (from Standing Guard Pass)
2. Knee Ride (transitioning Knee Mount)
3. Half Butterfly Guard
4. Half Mount
5. Gift Wrap

GROUND POSITION DRILLS:

1. Octopus #2
2. Octopus #3

PASSES & ESCAPES:

1. Half Guard Escape

Scarf Hold Escapes:

1. Frame, Bridge & Shrimp (*Shoulder Scoop*)
2. Leg Over Head (*Head Scoop*)
3. The Chicken Run (*Head Scoop*)

SWEEPS:

1. Half Butterfly Sweep

GROUND & POUND:

Defense

1. Guard Punch-Block Series Stages 1-4

Offense

1. Be able to strike from Guard
2. Be able to strike from Top Mount
3. Be able to strike from Side Mount
4. Be able to strike from Scarf Hold