

# ***KSK Stand-Up Arts: Basic Level Curriculum***

## ***Requirements For Promotion To Intermediate Level***

### **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
3. Split Entry
4. Inward Gunting
5. Backhand Gunting
6. Vertical Gunting w/ Uppercut / Arm Wrench
7. Waslik

#### **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
4. Upward Diagonal Elbow

#### **Knee Strikes:**

1. Straight Knee
2. Curve Knee
3. Knee Bump
4. Long Knee

#### **Kicks:**

1. Rear Round Kick
2. Lead Round Kick
3. Front Kick
4. Teep / Push Kick

#### **Focus Mitts / Thai Pads:**

Student must be able to execute, and competently hold for 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.
8. Cross Counter Series
9. Hook Counter Series
10. Pak-Lop > Follow Up Combination

### **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. Additional Clinching Components**

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

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### **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**

#### **Rear & Side Takedowns:**

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

#### **Double Leg Takedowns:**

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

### **ACADEMIC KNOWLEDGE**

1. JKD Stands for Jeet Kune Do
2. Bruce Lee was the Founder of the JKD
3. Jeet Kune Do is Chinese, and translates to "Way of the Intercepting Fist"
4. The physical curriculum Bruce Lee taught was called Jun Fan Gung Fu, which originated from the Chinese art of Wing Chun.
5. Guro Dan Inosanto, Bruce Lee's highest ranking student, continued the evolution of JKD after Lee's passing, adding in Silat, Kali, Muay Thai & Cambodian Kickboxing.
6. Panantukan & Hubad come from the Filipino art of Kali.
7. Guro T. Kent Nelson is the founder of KSK
8. KSK stands for "Kai-Shin-Kan". The wording is Japanese, and translates to "House of an Open Mind"