



# Phoenix Martial Arts Academy Syllabus

## **RED BELT**

### **PUNCHING**

**OVERHEAD (OVERHAND)**  
**STRAIGHT PALM (JIK GERN)**  
**ROUND PALM (JUAN GERN)**  
**VERTICAL ELBOWS**  
**BASIC HAND COMBINATIONS (1-6)**  
**THAI BOXING 4 COUNTS (1-14)**  
**JUN FAN 1-2 (1-6)**  
**JUN FAN 1-3 (1-4)**

### **TRAPPING**

**COMPOUND TRAPPING (1-4)**

### **GRAPPLING**

**SIT OUT (KESAGOTAMI)**  
**CROSS SIDE**  
**SINGLE LEG TAKEDOWN**  
**ACHILLES' LOCK**  
**LEG BAR**  
**STANDING LOCK FLOW (1-4)**  
**REAR CHOKE**

### **KNIFE**

**DISARM FLOW DRILL (1-7)**  
**ICEPICK DISARMS (1-3)**  
**#5 DISARM**

### **GRAPPLING SPARRING**

**UNG MOON (1-7)**

### **KICKING**

**REAR KNEE WITH GRAB**  
**ROUND KNEE**  
**CRESENT KICK (GUA TEK) TO GROIN**  
**BACK KICK (HOW TEK)**  
**CRESENT KICK**

### **FOOTWORK**

**JUN FAN 1-14**  
**MIRROR DRILL**

### **DEFENCE**

**UNDERARM CATCH**  
**MIDDLE KICK DEFENCE (LEAD & REAR)**  
**SWAY BACK**  
**DUCK**  
**JOANG SAO**

### **STICK**

**SINGLE STICK COUNTS (1-6)**  
**LIVE HAND 5 COUNT**  
**ANGLES (1-12)**  
**DOUBLE STICK 4 COUNTS**  
**HEAVEN SIX**

### **HUBUD**

**HUBUD 1-FOR-1 WITH BASIC LOCKS**  
**INSIDE HUBUD**

**JUN FAN FOOTWORK**

- 13) STEP THROUGH
- 14) STEP BACK

**THAI BOXING 4 COUNTS**

- 11) JAB, CROSS, L KICK, R KICK
- 12) JAB, CROSS, L KICK, L KICK
- 13) JAB, CROSS, R KICK, L KICK
- 14) JAB, CROSS, R KICK, R KICK

**SINGLE STICK - 5 COUNTS**

- 1) UPWARDS FOREHAND
- 2) UPWARDS BACKHAND
- 3) UPWARDS FOREHAND
- 4) #8 WITIK
- 5) #2

- 1) UPWARDS BACKHAND
- 2) UPWARDS FOREHAND
- 3) UPWARDS BACKHAND
- 4) #7 WITIK
- 5) #1

**DOUBLE STICK OPEN 4 COUNTS**

- 1) #1 RIGHT
- 2) #1 LEFT
- 3) #2 RIGHT
- 4) #2 LEFT

- 1) #1 RIGHT
- 2) #1 LEFT
- 3) #8 RIGHT
- 4) #8 LEFT

- 1) #1 RIGHT
- 2) #8 RIGHT
- 3) #1 LEFT
- 4) #8 LEFT

**DOUBLE STICK CLOSED 4 COUNTS**

- 1) #1 RIGHT
- 2) #2 LEFT
- 3) #2 RIGHT
- 4) #1 LEFT

- 1) #1 RIGHT
- 2) #2 LEFT
- 3) #8 RIGHT
- 4) #7 LEFT

- 1) #1 RIGHT
- 2) #8 LEFT
- 3) #8 RIGHT
- 4) #1 LEFT

**COMPOUND TRAPPING**

- 1) PAC SAO LOP SAO (SAME ARM)
- 2) LOP SAO PAC SAO (SAME ARM)
- 3) PAC [OFF CENTRE BLOCK] LOP SAO, DA
- 4) PAC [OFF CENTRE BLOCK] BIU GEE LOP SAO DA

**UNG MOON**

- 6) LOY WOANG PAC, BIU GEE - INSIDE PARRY+ FINGER JAB
- 7) NOY WOANG PAC, BIU GEE - OUTSIDE PARRY+ FINGER JAB

**JUN FAN 1-2**

PARRY THE JAB, WHEN THE CROSS COMES YOU:

- 5) SWAY BACK, CROSS, HOOK, CROSS
- 6) DUCK, CROSS, HOOK, CROSS

**JUN FAN 1-3**

PARRY THE JAB, WHEN THE HOOK COMES YOU:

- 3) COVER & HIT, CROSS, HOOK, CROSS
- 4) JOANG SAO & HIT, CROSS, HOOK, CROSS

**BASIC HAND COMBINATIONS**

- 5) JAB, CROSS, UPPERCUT
- 6) OVERHEAD, UPPERCUT, OVERHEAD (LEAD, REAR, LEAD & REAR, LEAD, REAR)

**STICK ANGLES**

- #9 HIGH FOREHAND STAB
- #10 HIGH BACKHAND STAB
- #11 DOWNWARDS FOREHAND VERTICAL TO HEAD
- #12 DOWNWARDS BACKHAND VERTICAL TO HEAD