



JEET KUNE DO  
THE WAY OF THE "STOPPING FIST"  
CHINESE BOXING - JUN FAN GUNG FU  
INSTRUCTOR - DAN INOSANTO  
378-0795



1. Side Saddle hop  
Alternate splits  
Double hop  
right leg hop  
left leg hop  
running in place

2. Forward bends (right, left, front)
3. Straight leg kicks
4. Side leg raises
5. Shoulder circling
6. Sit-ups or Alternate Jack Knives
7. WAIST twisting
8. leg raises
9. Pushups IN (2-5 sets)
10. Knee bends