

## JUN FAN KICK BOXING DRILLS

1. Catch And JAB  
Parry And JAB
2. Catch And JAB & HOOK  
Parry And JAB & HOOK
3. Catch And Return 1-2-3 Parry And Return 1-2-3
4. Catch And Return 1-3-2 PARRY And Return 1-3-2
5. HA PAK And Return 1-2-3
6. KAO SAO And Return 2-3-2
7. PARRY JAB And Return JAB And LEAD O'OU TEK
8. Parry JAB And Return JAB And LEAD JUK TEK
9. Parry JAB And Return JAB And REAR O'OU TEK
10. Counter LEAD O'OU TEK With Side Step 3-2-3
11. Counter REAR O'OU TEK With Side STEP 2-3-2
12. Counter LEAD JUK TEK
  - A.. JIK TEK With 2-3-2
  - B. JEET JUK TEK With O'OU TEK 2-3-2
  - C. KAO SAO With HA JUK TEK 1-2-3-2 OR 2-3-2
13. Counter Lead JUK TEK With SIDE STEP TO Inside  
With HA JUK TEK , Lead O'OU TEK 2-3-2
14. BLOCK Rear O'OU TEK, CROSS, HOOK ,  
Rear O'OU TEK, Lead HA JUK TEK
15. Parry JAB On the Outside Lead O'OU TEK 2-3-2 ,  
Rear O'OU TEK, Lead O'OU TEK. LEAD HA JUK
16. Counter 1-2-3 With Catch The JAB, PARRY CROSS,  
Bob And Weave The HOOK 2-3