

JFKDGA Members
Area

.....Jun Fan Boxing Drills

.....Members
Area

Jun Fan Boxing Drills
Aug 24, 2004

Update: Members/Instructors Area

1. Jab or Double Jab
2. Right Jab (low) - Right Hook or Jab
3. Jab (inside) - Right Hook (outside)
4. Jab (right) - Back Fist
5. Jab (high) - Jab or Hook
6. Jab (high) - Cross (high) or Left Hook
7. Jab (high) - Cross (low)
8. Jab (low) - Right Hook - Cross
9. Jab (high) - Cross (high) - Right Hook (high)
10. Jab (high) - Cross (low) - Right Hook (high)
11. Jab (high) - Cross Hook - Right Hook (low)
12. Jab (high) - Left Cross (low) - Left Hook
13. Cross (low) - Jab (low) - Left Hook (high)
14. Jab (low) - Right Hook - Jab (high) - Left Cross Hook (low)
15. Jab (low) - Cross (high) - Right Hook (high) - Left Hook (low)
16. Jab (high) - Left Cross/Hook (high) - Right Hook (high) Left Cross/Hook (high) Right Hook (low)
17. Jab (high) - Jab (high) - Right Hook (high) - Left Cross/Hook (low)
18. Jab (low) - Right Hook (high) - Cross (low) - Right Hook (high)
19. Jab (high) - Right Hook (high) - Cross (high) - Right Hook (low)
20. Jab (high) - Jab (high) - Right Hook (high) - Left Hook/Cross
21. Jab (low) - Right Hook (high) - Jab (low) - Cross/Hook (high)
22. Jik Chung Chu
23. Fake left - Right (high or low)
24. Fake left (low) - Left Hook (high)
25. Cross - Jab - Right Hook (high)
26. Left Hook - Jab - Jab

About JFJKDGA Members/Instructors Association

MARTIAL ARTS TODAY - An informative update from the Jun Fan Jeet Kune Do Grappling Association - Sifu Larry Hartsell Seminars, Inc. Providing solutions to improve your martial arts training.

Copyright © 2004

Jun Fan Jeet Kune Do Grappling Association
Larry Hartsell Seminars, Inc.
Sifu Larry Hartsell
Chief Instructor/Founder

[Members Index](#)