

# **COURSE DETAILS**

## *What will you learn?*

<b>NO.</b>	<b>BEGINNER</b>	<b>INTERMEDIATE</b>	<b>SENIOR</b>	<b>ADVANCE</b>
1)	Introduction to JKD	Introduction to the Human Body Pressure Points	Speed Hand Drills	Introduction to Weaponry Defence & Offence
2)	JKD Moves & Tactics Theory	Advance Hand Drills	Speed Footwork	Single Stick Fighting Style
3)	Basic Fundamental Position	Advance Footwork	Agility & Reflection	Double Stick Fighting Style
4)	Basic Hand Drills	Punches & Kicks Combo	Speed Punches & Kicks Combo	Knife Fighting Style
5)	Basic Footwork	Basic Grappling	Advance Grappling	Machete Fighting Style
6)				Gun Disarm