

Introduction
Welcome
Philosophy

JKD Section

The Facts of Jeet Kune Do	16 Points
Jun Fan Gung Fu/Jeet Kune Do Basic Footwork	19 Methods, 12 Points
Jun Fan Method	
Cross Counters to Hand & Kicking Combinations	11 Points + 3 Variations
Lead Punch (Jab) Counters to Hand & Kicking Combinations	10 Points
Lead Hook Counters to any Hand & Kicking Combination	6 Points + 4 Variations
Basic Jun Fan Gung Fu/Jeet Kune Do Weapons	
(From about 1970)	
Leg Techniques	A-G, 4-6 variations on each
Hand Techniques	A-O, variations on each
Jun Fan Gung Fu Curriculum Flow Chart	
Jun Fan Gung Fu....Jeet Kune do is from...	3 Points
Basic Terminology	9 terms
JKD Flow Chart "The Match"	
Jun Fan Gung Fu 1996-1967 (Trapping to grappling)	A-E, 3-8 variations on each
Jeet Kune Do Sensitivity Drills Basics	7 Points + 4 variations
Bruce Lee Quote, explanation	
Regulations of the Jun Fan Gung Fu Institute	8 Points
Jun Fan Gung Fu Titles of Respect	17 Terms
JKD Classifications for types of Speed	10 Points
Middle Juk Tek Counters	7 Points
Middle O'ou Tek Counters	9 Points
Low Juk Tek Counters	7 Points
Low Lead O'ou Tek Counters	10 Points
Counters for Low Rear O'ou Tek	12 Points
Jun Fan Kickboxing Drills	16 Combinations
Basic Trapping Progression (1966 Progression)	36 Points, many variations
Bruce Lee, James Lee Quotes, explanations	
Sensitivity Drills Basics (2 nd instance, expanded)	12 Points + 4 variations
Jun Fan Kickboxing Drills	16 Points
Jun Fan Term Quiz	120 Terms
What Is?...	8 Points
JKD is a Process...	

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Jkd

David Baud



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