

San Da Basic Course Part One

散打基本課程

Right leg low round kick (defend against punches as you kick)

- Body turned with “violin shoulder”
- Angle step so head is off “center line” (“monkey tail” kick)
- Cover rear hand with “wing arm”

Setting up right round kicks

- Jab, pivot right round kick
- Jab, left angle step and right round kick
- Left hook, left step right round kick (include “monkey tail”)
- Cross, pivot right round kick (“double wind”)
- Right overhand, pivot right round kick (“same time”)

Defense against right low round kick (leg)

- Step in (angle / diagonal)
 - step in and right cross
- Leg shield
 - leg shield and switch step (left) round kick
- Backward shuffle
 - backward shuffle and counter right round kick
- Step in, simultaneous right high kick

Setting up left round kicks

- Cross, switch step (left) round kick
- Jab, cross, switch step (left) round kick
- Jab (ONLY) to set up switch step (left) round kick
- Cross with stiff arm, push, step into left round kick
- Left kick (low), cross, left kick (body)

Defense against left low round kick (leg)

- Leg shield
 - leg shield and right round kick
- Backward shuffle
 - backward shuffle and counter right round kick
 - backward shuffle and counter right back kick
- “Ride” (variation) against left low kick (lift leg)

Counter attacks / flow drills

- switch step (left) round kick vs. right round kick (low)
- right round kick vs. switch step (left) round kick (low)

Basic knee strikes

- Jab, right knee (knock down hands)
- Jab, cross, switch step (left) knee
- Jab, cross, hook, right knee (head grab)

Long knee combinations

- Right round kick, right knee (against charge)
- Right round kick, switch step left knee (against charge)
- Right knee (hand touch clinch), push, right cross
- Right knee (hand touch clinch), push, right round kick

Basic defense

- Upper shield vs. hooks / overhands
- Parry vs. straight punches (can also use forearm)
 - parry vs jab
 - parry vs cross
 - parry vs jab and cross
- Body shield vs. body punches
 - left hook to body
 - right hook to body
 - right uppercut to body
 - left "sledge" to body
- Upper four shields vs. circular punches (two upper and two body)
- Upper four shields and "touch"
- Lower shield vs. low round kick (three shields)

Boxing structure one (defense against jab-cross-hook)

- Parry, parry, shield
 - counter left hook
 - right knee strike
 - right round kick
 - double leg takedown
- Parry, parry, insert
 - counter right cross
 - switch step (left) knee strike
 - leg seizing takedown

body scissor takedown

- Parry, parry, back shuffle
 - counter right low round kick
 - lead shuffle step into right knee strike
 - switch step (left) knee strike
 - switch step left round kick
- Parry, parry, duck / weave
 - counter right cross
 - counter left hook to body
 - counter left hook to body, right cross
- Parry, parry, shield with shoulder touch (“Frankenstein”)
 - cross
 - switch step left knee strike

Straight kicking

- Left (lead) front kick (push)
 - jab and lead front kick (push)
- Right (rear) front kick (thrust)
- Cross kick (aka “inverted side kick”)
- Low side kick (aka “shovel kick”)
- Left side kick (“modern version”)
 - jab and side kick
 - jab-cross-hook into side kick
- Left angle step right side kick / shovel kick
- Right angle step left shovel kick (to rear leg variation!)

Defense against front kicks / side kicks

- Low parry vs. front kicks / side kick
 - right cross
 - right round kick
 - left hook or long hook
 - left hook or long hook with sweep
- Forearm parry vs. RIGHT front kick

Boxing structure two

- Parry, parry, upper shield or insert vs. jab-cross-hook-overhand
- Defense against right uppercut two (“rolling forearm”)
- Parry, parry, upper shield, body shield/rolling vs. jab-cross-hook-uppercut
- Parry, parry, body shield, shield vs. jab-cross-body hook-head hook
- Parry, parry, upper shield 2x, body shield 2x

Boxing structure three (jab into left hook “same hand”)

- Defense
 - parry vs. jab, SHIELD / INSERT vs. hook
- Offense
 - jab, hook, cross
 - jab, hook, uppercut
 - jab, hook, right knee
 - jab, hook, right low kick

Clinch to throw (wrap vs. jab-cross-hook)

- Grab the knee, single leg takedown
- Reaping sweep
- Neck surrounding (hip throw)
- Inner thigh sweep (“whizzer”)

Boxing structure four (elbow techniques)

- “Wall defense” against elbow
- Jab, cross, lead hook, right elbow
- Jab, cross, lead hook, lead hook elbow (double left)
- Jab, cross, lead hook, spinning elbow

Right low kick follow ups (if blocked)

- Jab, right kick, jab
- Jab, right kick, “wing flap”
- Jab, right kick, cross
- Jab, right kick, cross to BODY
- Jab, right kick, jab, cross to BODY
- Jab, right kick, lower head and overhand
- Jab, right kick, step in right knee strike
- Jab, right kick, right front kick
- Jab, right kick, left front kick
- Jab, right kick, left side kick
- Jab, right kick, right round kick (body) (“double up”)
- Jab, right kick, switch step (left) round kick
- Jab, right kick, jab and right “rabbit knee”
- Jab, right kick, right back kick
- Jab, right kick, left side step and left kick (outside of rear thigh)
- Jab, right kick, left angle step and right outside crescent kick
- Jab, right kick, left angle step and angle side kick (right leg)

Right low kick follow ups (vs. backward shuffle)

- Jab, right kick, “tornado” right kick
- Jab, right kick, right leg side kick (intercept)
- Jab, right kick, left back kick (vs. counter kick)

Defense against right round kick (body)

- Right cross
- “Ride” (footwork)
- “Cut kick”

Defense against switch step (left) round kick (body)

- Jab OR left hook vs. switch step (left) round kick (body)
- “Ride” (footwork)
- “Cut kick”
- Back kick

Kick catching

- Catch vs right low kick
 - punch and plow
 - punch and knee
 - punch and cut kick
 - leg blocking throw
 - punch, step and double leg takedown
 - grip switching
- Catch vs body kick
 - far side under hooking
 - near side under hooking (“scissors”)
 - ride the kick and over hook / wrap catch
 - punch, throw leg, kick
 - wheeling body into punch

Counter attacks (vs jab)

- Counter with opposite hand (parry)
 - parry and jab
 - parry and left hook
- Counter with same hand (hooking parry and cross)
- Counter with kicks and knees
 - parry and right round kick (outside of thigh)
 - right round kick to body (exploit “leak”)
 - switch step (left) knee

- “thread the needle”
- “elephant trunk”

Counter attacks (vs cross)

- Counter with opposite hand (parry and cross)
- Counter with same hand (parry and hook)
- Counter with kicks and knees
 - parry and right knee (thread the needle)
 - “wing arm” parry and angle step round kick (chop top of thigh)

Side kick and back kick combinations

- Jab, side kick, cross
- Jab, side kick, back kick
- Jab, cross, hook, side kick
- Jab, cross, hook, back kick (vs duck)
- Left low round kick, side kick, cross
- Left low round kick, side kick, back kick
- Left low round kick MISS/FAKE, back kick
- Opponent steps back vs side kick, tornado kick

Upper body clinching

- Neck (collar tie) template
 - double neck tie
 - one hand on neck, one on arm
 - both hands are on arms (“steering wheel”)
- Conceptual: push and pull
- Basic drills
 - pummel in and knee (alternating)
 - slip knee (with hip) the counter knee
 - slip knee (with hip), then spin
 - switch stance vs. switch step (left) knee and set up hip throw
- Pushing knee strikes
- Skipping knee strikes
- Follow ups to right knee
 - step back right kick
 - push right kick
- DEFENSE “hand scissors throw”

San Da Basic Course Part Two

散打基本課程

Kicking stance range drill

- Switch step (left) round kick
- Left front kick as “foot jab” / “stop kick”
- Shift back (open hips) and left side kick as “stop kick”
- Shift back and draw into right back kick

Partner footwork drills

- Control distance: keep distance or close distance safely
- Box drill with partner
- “Bull fighter” drill (footwork vs. shooting)
- Level change drill with partner
- Level change drill with partner with sprawl

“In and out step” to draw into counters

- Forward shuffle with jab (coordinate hand and feet)
- Forward shuffle with right cross (coordinate hand and feet)
- Jab-cross, backward shuffle (against left hook / right cross)
- Jab-cross, backward shuffle, counter leg kick
- Jab-cross, backward shuffle, draw into double leg takedown

Switch step variations

- Switch step, switch back, right kick
- Switch step, step back, turn and back kick
- Switch step, step back, turn and back hook kick

Step and pivot

- Against shoot / charge
 - punch
 - knee
 - round Kick
- As defense against back kick (pivot step to get behind)

Punches to set up takedowns (double and single leg takedowns)

- Jab into shoot
- Cross into shoot
- Cross into leg seizing

Working sprawl with partner

- Attacker on knees
- Full double leg and sprawl drills

Attribute development drills

- “Holland drills”

Left kick series

- Left kick (low), step back into stance right kick (body)
- Left kick (low), cross, left kick (body)
- Left kick (low), cross, hook, right kick (body)
- Left body kick, cross, left low kick / sweep
- Left kick, push, right kick

Intercepting with kicks

- Left front kick vs. right round kick
- Left foot check vs. right round kick
- Right cross kick (to supporting leg) vs. right round kick

Side shuffle

- Evasion
 - right side step vs. jab (outside)
 - left side step vs. cross (outside)
- Setting up kicks
 - right side step, right hamstring kick (“Holland kick”)
 - left side step, left round kick (outside of rear thigh)
- side step and strike
 - right side step, right cross vs. jab
 - left side step, left hook vs. cross

Head movement

- Duck under jab
 - duck and jab
 - Duck and cross
- Slip (to outside) vs. jab
 - counter on the "2"
 - outside slip, then cross
 - counter on the "1"
 - outside slip and jab
 - outside slip and "wing flap"
 - slip against jab (outside) and body lock takedown
 - slip against jab (outside) and double leg takedown
- Slip (to inside) vs. jab
 - counter on the "2"
 - inside slip, then left uppercut
 - counter on the "1"
 - inside slip and cross
 - slip against jab (inside) and takedown
 - body lock and sag throw
 - step in front and hip throw
- Parry vs. jab, slip vs. cross
 - counter on the "2"
 - outside slip, then body hook/sledge
 - counter on the "1"
 - outside slip and counter cross
 - outside slip and counter cross to body
- Slip vs. jab then slip vs. cross
- Slip vs. jab, weave under cross
- Weave vs. hook, weave under cross/overhand
- Weave vs. hook, weave under cross/overhand, pivot step
- Head movement against jab into left hook (same hand)
 - slip jab, block hook
 - slip jab, weave under hook

Level change attacks

- change level to attack body
 - fake shoot into jab to body
 - fake shoot into cross to body
 - fake shoot and overhand
- change level then stand back up

- fake shoot into overhand
- fake shoot into left hook
- “bump” into punches
 - “bump” into overhand
 - “bump” into left hook
- jab, cross, retreat (“draw step”), into double leg

Attacking the body

- Body targets
 - liver
 - bladder
 - solar plexus
 - spleen
- Combinations including feints and fakes
 - jab, cross to body, hook to head
 - jab, cross, then jab, cross to BODY (fake)
 - jab, cross, then jab to BODY (fake)
 - jab, left hook (same hand) to BODY
 - body hook, same hand uppercut to head

Upper body clinching (part two)

- Defense against neck grip
 - “washing machine”
 - face pushing
 - explosive pushing (“Superman defense”)
 - body lock
 - side to side movement
- Spin step and knee strike
 - right step, turn left, right knee strike
 - left step, turn right, left knee strike
 - thigh ride or foot sweep to set up knee strike

Special kicks (specialized training)

- jump back kick
- spinning hook kick