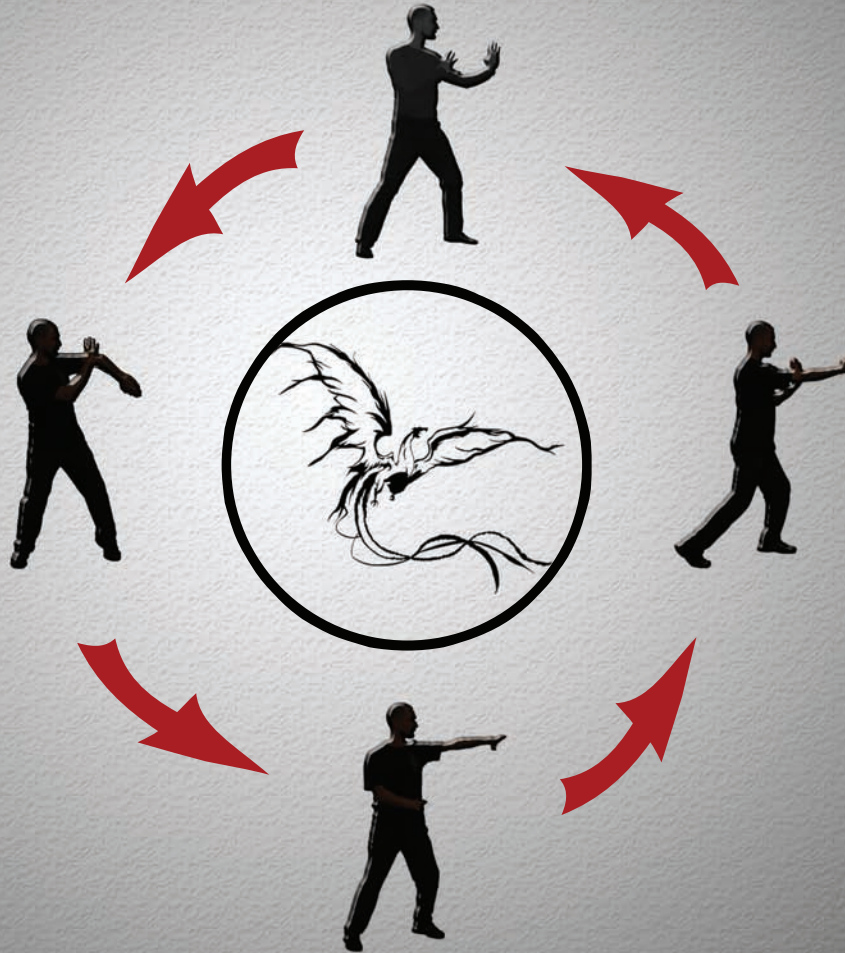




Phénix Circle Program



PHÉNIX DRILL



PHÉNIX EXTENSIONS



KICK BOXING EXTENSION



KICKS

PUNCHES

Round Kick (LEFT & RIGHT)
FRONT KICK (LEFT & RIGHT)
SIDE KICK (LEFT & RIGHT)
BACK KICK (LEFT & RIGHT)
SPINNING KICK (LEFT & RIGHT)

Jab / Overhead
Cross / Overhead
LEFT HOOK / RIGHT HOOK
LEFT UPPERCUT / RIGHT UPPERCUT
LEFT BOLO PUNCH / RIGHT BOLO PUNCH

TRAPPING EXTENSION



PAC SAO

LOP SAO

WU SAO

BIU SAO

TAN SAO



Chung Choy
Gua Choy
Nao Choy
Gin Choy
Sut Que

Sut Sao
Biu Jee

Jik Gern
Wong Gern

LOCKING EXTENSION



Elbow control

Shoulder Lock (figure 4)

Elbow Lock

Wrist Lock

KNEE ELBOW EXTENSION



Symmetrical double grip

Asymmetrique double grip

Outside simple grip

LEXIQUE

Pac Sao	La main qui gifle
Lop Sao	La main qui saisi
Wu Sao	La main qui garde
Biu Sao	La main en flèche
Tan Sao	La paume vers le ciel
Chung Choy	Le poing vertical
Gua Choy	Le revers du poing
Nao Choy	Le crochet
Gin Choy	L'uppercut
Sut Que	Le poing marteau
Sut Sao	Le tranchant de la main
Biu jee	La pique des doigts
Jik Gern	La paume de la main
Won Gern	La paume de la main latérale

