

**THE JUN FAN JEET KUNE DO  
GRAPPLING ASSOCIATION  
MEMBER MANUAL VOL 1  
STUDENT LEVELS THROUGH  
APPRENTICE INSTRUCTOR 1**



# JFJKDGA MEMBERSHIP RULES AND REGULATIONS

## General:

All student and instructor level members of the JFJKDGA are required to maintain and keep current their annual membership. Memberships can be renewed with personal check or money order through the mail or online at [www.jkdassoc.com](http://www.jkdassoc.com). All members will be given an account on [www.jkdassoc.com](http://www.jkdassoc.com) so that they can check their membership status, pay their dues, and enjoy member benefits. Your annual renewal date is on your certificate.

## JFJKDGA Logo use and use of other copyrighted images/logos:

It is the policy of the JFJKDGA that all instructors and students have permission to use any logos and images on their websites. As a current JFJKDGA instructor, you may use the JFJKDGA logo and the JKD Integrated Grappling Logo. These are the only two logos which the JFJKDGA can give permission to use. All other logos, including those that make up parts of the JFJKDGA logo are possibly the copyright of other organizations. Within the JFJKDGA logo there are logos for Inosanto Kali, Jeet Kune Do, and Lameco Eskrima are copyrighted by their respective owners and may not be used individually, outside of our logo, without their permission. If any member allows their annual dues to lapse, they are no longer allowed to use the JFJKDGA logos and must remove them from any advertisement and school placements.

## Rank Levels:

### ***Student Levels***

Beginning Student - first day until tested for Student Level 1

Student level 1/lower intermediate - tested on curriculum after approximately 500 hours/1 year

Student level 2/upper intermediate - tested on curriculum after approximately 1000 hours/2 years

Level 3/advanced student - tested on curriculum after approximately 1500 hours/3 years

### ***Apprentice Instructor Level***

Apprentice Instructor 1 - tested on curriculum after approximately 2000 hours/4 years

Apprentice Instructor 2 - tested on curriculum after approximately 2500 hours/5 years

Apprentice Instructor 3 - tested on curriculum after approximately 3000 hours/6 years

Apprentice Instructor 4 - tested on curriculum after approximately 3500 hours/7 years

### ***Associate Instructor Level***

Associate Instructor 1 - tested on curriculum after approximately 4000 hours/8 years

Associate Instructor 2 - tested on curriculum after approximately 4500 hours/9 years

Associate Instructor 3 - tested on curriculum after approximately 5000 hours/10 years

Associate Instructor 4 - tested on curriculum after approximately 5500 hours/11 years

### ***Full Instructor Level***

Full Instructor - awarded after JFKDGA organizational nomination and approval

Senior Full Instructor - awarded after JFKDGA organizational nomination and approval

### **Promotions:**

All promotions must be judged via JFJKDGA curriculum/testing standards (see Instructors Testing Guide).

If your students maintain 150 contact training hours with you per year, we do not require that you “test” in a formal ceremony but your acceptance of instructorship in this organization assumes that you agree to and will hold your students to these standards of knowledge before granting them rank.

If a student coming to you for ranking does not have 150 contact training hours with you during the year, you must formally test them. Please video the test and contact Sifu Tim Becherer about making a copy of that video available to him.

Any students/instructors not meeting requirements, as discovered later by Association representatives, will be not advanced until requirements are met.

Any promotions should be immediately related to Simo Debra Hartsell so that she may update records and the website.

### **Permission regarding promotions are as follows:**

1. **Apprentice Instructors levels 1, 2, and 3:** can promote students to level 1 and 2
2. **Apprentice Instructor Level 4:** can promote through Apprentice Level 2
3. **Associate Instructor Level 1:** Can promote to Apprentice Level 3

3. **Associate Instructor 2:** can promote through Apprentice Level 4
4. **Associate Instructor 3:** can promote to Associate Level 1
5. **Associate Instructor Level 4:** can promote to Associate Level 2
6. **Full Instructor:** can promote to Associate Level 4

7. **For Full Instructor promotion:** candidate must be sponsored by 1 full or senior full instructor and have 2 additional senior instructors test/approve and sign off

\*\*\*\*Sifu Keith Wetoskey (Indiana), Sifu Burton Richardson (Hawaii), Sifu Mick Shore (UK), and Sifu Chris Brown (UK) may promote students to Full Instructor Rank without additional sign offs given their long time under Sifu Larry Hartsell and their years with the JFJKDGA

8. **For Senior Full Instructor Promotion:** candidate must have 4 Senior Instructor test/approval and sign off as well as the approval of the association president.

### Annual Requirements for Instructors

*In order to make sure that all of our instructors receive and provide top quality instruction, the following requirements in line with the original intentions of Sifu Larry Hartsell will be implemented for instructorship renewals from September 2015 onward.*

### Apprentice and Associate Level Instructors

*are required to train 20 hours per certification year* (the current 12 month period of your certification) with a current or combination of current JFJKDGA Full or Senior Full Instructors.

You can use up to 10 hours of training with Guro Dan Inosanto each year toward your 20 hours.

The best ways to get your training are:

1. Regular class work with full and/or senior full instructors
2. Attend seminars/workshops given by full and/or senior full instructors
3. Host seminars/workshops for full or senior full JFJKDGA instructors
4. Private training with full/senior full JFJKDGA instructors

## 5. Attend JFJKDGA Instructor camps

Note that the 20 hour requirement including hours with Guro Dan are keeping in tradition with Sifu Larry's original design for this organization by substituting hours instead of workshops only (see included letter) and we have, in the absence of Sifu Larry, allowed for hours with any JFJKDGA instructor at the full or senior full level. ( see letter in appendix)

### Annual Instructor Requirements (continued)

#### Full and Senior Full Instructors

*Are required to show 10 hours of training with another instructor in other arts and are expected to show research once every 3 years at an instructor camp. They are also expected to help teach curriculum at instructor camps at least 1 time in every 3 calendar years.*

Sifu Larry continued to study with other instructors up until his passing. To be at the top level of instructors, this organization recognizes that a level of humility and open mindedness must be present to be an effective instructor in Sifu Larry's interpretation of JKD. As most instructors are already doing this (either through personal training or hosting seminars), it should not be a problem. The JFJKDGA now has advisors in several arts and these instructors are a good starting point if looking for outside training. The art itself doesn't matter, the open mind to always remain a student is the important part.

#### All Levels

With your annual renewal, please submit a training log (along with copies of certificates, signatures, or any supporting evidence of your training hours), a current photograph, your current information so as to keep our website up to date, and an essay detailing your plans for the martial arts in the upcoming year. See renewal forms included in the appendix of this handbook.

#### Conduct

1. Instructors are expected to demonstrate good character in their schools and in their online and social media presence.
2. Instructors need to conduct themselves in a professional manner.
3. Instructors and students are required to show respect for one another and between themselves.
4. Social media, being a new frontier can make or break reputations. Being that the internet reaches large audiences and any posting is forever, The JFJKDGA reserves the right to

protect its brand and expects all of its members to follow the lead of Sifu Larry Hartsell and Guro Dan Inosanto in regard to postings and conversations on all online forums.

1. Be courteous to others
2. Do not bash other martial arts or martial arts practitioners
3. Do not engage in JKD political conversations or discuss or insinuate that other JKD instructors or organizations are not “real” JKD.
4. Do not engage or discuss any martial arts politics, it is a rabbit hole of confrontation. Your time is better spent training.
5. Do not publicly quarrel with or bash another JFJKDGA member or instructor.
  1. All quarrels should be handled privately with the involvement of Simo Debra Hartsell and Sifu Tim Becherer
  2. Always seek a peaceful resolution/compromise between both parties
6. Do not publicly bash or bring up issues you have with the JFJKDGA - any issues with the organization should be handled privately with Simo Debra Hartsell and Sifu Tim Becherer.
7. Instructors should provide their students with the option of joining the JFJKDGA and ranking within the organization. Discuss student number recruitment incentives with Simo Debra.
8. Advertising and self promotion
  1. For logos see the logos section of this manual earlier
  2. Only instructors who have been certified personally by Sifu Larry may claim “certified by Larry Hartsell” in their self promotion/advertising.
  3. Students who were not personally certified by Sifu Larry may use the term “certified by the JFJKDGA as (your rank)” or “certified by the JFJKDGA under (your ranking Sifu’s name) as (your rank)” only. Anything else constitutes fraud and will not be tolerated.
  4. Be honest with your qualifications in your advertising. Do not mislead by claiming to teach arts you are not certified in. Do not misrepresent the actual amount of time you have spent with an instructor. If you say “I have been studying with ‘instructor X’ for ten years” that could mean you have put in ten hours of regular study with that instructor or it could mean that you have gone to one seminar a year for ten years. These things aren’t equal so do not treat them as such. Differentiate clearly between having studied with an instructor and being certified as an instructor under them.

5. Infractions of advertising and self-promotion rules will be noted and expressed to the offender privately. The JFJKDGA expects any infractions to be corrected immediately or face expulsion.

### **JFJKDGA Recognized Student Level Training Groups**

Members who are at student level and who are enough distant from a school in which they can regularly train with a JFJKDGA instructor may form a training group with other student level practitioners following these guidelines:

1. consist of at least 3 or more currently registered JFJKDGA members of the student level
2. have at least 1 current JFJKDGA instructor (of any level) as an advisor - it is the groups responsibility to reach out to one or more of the current instructors as the Association does not assign the advisor.
3. submit the following documents with the JFJKDGA each month (see appendix for these sheets)
  - a roll sheet stating who the members of the group (official current student members of the JFJKDGA) are.
  - a monthly lesson plan(s) approved by the group's advisor instructor(s)
  - a monthly training log/diary which includes attendance, hours trained, and material worked on.
4. Access to the Instructor Series videos so that there is a visual reference to the curriculum and how to practice it.
5. members of the group must get face time with current JFJKDGA instructors to advance in rank

6. the group may choose a leader(s), advertise itself and charge for training **however, no member of the group can call themselves an instructor in the JFJKDGA until they have received that rank from an JFJKDGA instructor who is authorized to promote to the instructor rank as per JFJKDGA rules.** Any training group falsely representing itself will be subject to immediate dismissal by the JFJKDGA.

7. Through training with current JFJKDGA instructors, we do expect to see training groups make effort to advance and not remain stagnant. Groups who remain stagnant (they are not training with association instructors to advance in ranking) are subject to losing their official recognition by the Association).

### **JFJKDGA Website and Social Media:**

The JFJKDGA website, [www.jkdassoc.com](http://www.jkdassoc.com) is the place where you can see news updates, shop at the online store, renew your membership, and enjoy your membership benefits.

The instructional videos and other JFJKDGA will be available for streaming in 2019 at various levels:

1. Instructor Series for purchase
2. Instructional videos for purchase
3. Multiple subscription series
4. Certain limited free videos included with annual membership

Other membership benefits found on your online account:

1. JFJKDGA Manuals including curriculums
2. Lesson plans
3. Training guides

The JFJKDGA, in addition to its website, has Facebook pages and an Instagram page. There is a public Facebook page that is open to everyone member or non member. It is one of the two social media outlets for the organization. All current members are welcome and encouraged to post information and start conversations of the public page. If you are not on the page, make sure to request to join.

There are two private Facebook Groups for current members. All current student members of the JFJKDGA will be admitted to the Facebook group: ***JFJKDGA Instructors and Students Exchange Page***. This manual is available there and it is also a forum where current students can communicate with current instructors. A second group: **JFJKDGA Instructors Research and Exchange Page** is a group for Instructor level members and advisors only.

This group is a forum for current instructors and advisors to communicate, ask questions, and exchange ideas.

Follow us on Instagram @jfjkdga

### **Sifu Larry Hartsell and JFJKDGA History**

Sifu Larry's first martial art was wrestling in high school in North Carolina. His first formal Asian Martial Arts training was in the art of Judo in 1957 at a local club. Sifu Larry's arts expanded when meeting a Korean foreign exchange student at Windage Jr College in North Carolina. He studied the art of Tang Soo Do with this friend. This would influence Sifu Larry's style for many years as though many know him as a top level grappler, Sifu was a high performance kicker in his early years. Sifu Hartsell's interest in martial arts was inspired by books that he read and he decided to move to Los Angeles to study martial arts from those whose books he had read. Initially in Los Angeles, Sifu Larry took up Shotokan Karate under Nishiyama Sensei. In 1961, Sifu Larry happened to be passing Ed Parker's Kenpo school on Santa Monica Blvd in West Los Angeles and decided to have a look at the art. Sifu felt that Kenpo was a better fit for him and began to study Kenpo under Dan Inosanto and Ed Parker. The friendship between Larry Hartsell and Dan Inosanto is legendary and inspirational, beginning in 1961 and remaining close until Sifu Larry's untimely passing in 2007. Sifu Hartsell always remained close with Guro Inosanto, assisting him for many years on the seminar circuit and other teaching endeavors and also teaching at the Inosanto Academy of Martial Arts in the Los Angeles area.

Sifu Hartsell met Sijo Bruce Lee after the 1964 Long Beach Internationals after Guro Inosanto had began his training with Sijo Lee. Guro Dan thought that Sifu Larry would benefit from the training with Sijo and would make a good student and training partner. Sifu continued his training in Kenpo as well as began his training with Sijo Lee.

Shortly after receiving his black belt rank from Ed Parker, Sifu Larry enlisted in the Army with combat in Vietnam heating up. Sifu was part of combat units and also served with the military police.

With his vast experience in multiple martial arts, Sifu Larry enjoyed sparring with soldiers from the elite South Korean ROK division stationed nearby. Upon his return to this country he continued his training under Sijo Bruce Lee, who had moved to Los Angeles and opened a school in the Chinatown area. Larry Hartsell's training under Bruce Lee continued also as one of the few students allowed private instruction at Bruce Lee's home in Bel Air, California.

Sifu Larry suffered a hip injury in an automobile accident which impacted his style. No longer being able to throw the fast, high, lethal kicks he was known for, under the advise of Sijo Bruce Lee and Guro Dan Inosanto, Sifu Larry dived into a deep study of grappling arts. Grappling was an area of martial arts that Sijo Lee was just beginning to study and hadn't passed much along past his private students. After the untimely passing of Sijo Lee, Sifu Larry became one of the primary pioneers in mixing grappling into the JKD flow.

At the time of Bruce Lee's untimely death there were only 33 formal techniques in the grappling range and these were practice in what we would consider a stage one method currently. Strikes to traps to throws and locks were practiced in the technical sense but there was no contesting or "rolling" as we see currently with grappling systems. As the final and closest range there was much research to do in this range and Larry Hartsell continued his research into this area with various discrete techniques that now form the core of Jun Fan Jeet Kune Do Grappling. The 1980's and 1990's brought Sifu Larry into contact with arts such as Shooto, Sambo, and Brazilian Jiu Jitsu. The research brought in the training method of contesting or rolling. Early JKD sparring with grappling added looked much like the modern MMA.

In 1973, after Sijo Bruce Lee's tragic passing, Sifu Larry Hartsell was granted permission to open the only authorized JKD school east of California. Larry Hartsell's skill in hand-to-hand combat, his weapons training and his development of techniques in the grappling range led to a wide and varied range of professional experiences. With his training under Bruce Lee, his degree in criminology, his ten years of law enforcement experience, and his training under Dan Inosanto, Larry Hartsell has been in wide demand as a professional bodyguard for celebrities like Mr. T of the A-Team fame, and as a trainer for both the Dallas Cowboys and the San Francisco 49ers. In addition to this he taught classes at his own schools as well as at the Inosanto Academy, and offered self defense and combat courses for the elite Navy Seals and police officers through various colleges and agencies.

Larry Hartsell authored several books on the subject of Jeet Kune Do Grappling. "Entering to Trapping To Grappling and takedowns, Counters, and Reversals." In addition he nine internationally distributed videotapes (available by streaming subscription) on the grappling arts. These books, videos and his skill in the grappling arts have resulted in Larry Hartsell being listed in the "Who's Who in Martial Arts" and cover shots with numerous feature articles in Inside Kung Fu, Black Belt, Martial Arts Training, Inside Karate, Australasian Fighting Arts, and many others.

Larry Hartsell is the man Dan Inosanto described as "One of the premier Jeet Kune Do fighters of our time." Larry Hartsell focused his efforts on the development of the Jeet Kune Do Grappling Association. With the tremendous rise in the popularity of the grappling arts it became paramount to Hartsell to demonstrate to martial artists the fact that Jeet Kune Do has had a strong emphasis on the grappling range for thirty years and that these thirty years

have produced an extensive development of the grappling arts. The Jeet Kune Do Grappling Association has representatives worldwide.

In the 1990's Sifu Hartsell moved back to Los Angeles to continue seminar teaching and teaching private lessons and classes at the Inosanto Academy of Martial Arts. He remained in the Los Angeles area until his untimely passing in August of 2007.

The JFJKDGA has decided to keep Sifu Larry's vision of JKD alive and remains an organization today consisting of people who have trained with and were certified by Sifu Larry Hartsell, people who trained with Sifu Hartsell and were certified later by a JFJKDGA instructor, students of JFJKDGA instructors, and new members coming in with various levels of experience and backgrounds.

### **The Role of Advisors**

After the untimely death of Sifu Larry Hartsell in 2007, the JFJKDGA wanting to keep with Sifu Larry's vision of JKD decided to ask authorities in other martial arts that Sifu was researching (or arts that we believe Sifu would have researched) to become advisors to the JFJKDGA in their arts. The purpose of this is to highlight the research and development aspect of JKD and create a bridge of access between our association members and expert martial arts instructors in various striking, grappling, and weaponry arts. A list of our advisors can be found on the website.

### **Newsletter**

Each month, the JFJKDGA offers a monthly newsletter in pdf format. It is free and all current members may advertise their schools, events, and other related things in the newsletter for free. To advertise please contact Sifu Tim Becherer at [jfjkdganewsletter@gmail.com](mailto:jfjkdganewsletter@gmail.com) We encourage all members to read and share the newsletter.

# JFJKDGA CURRICULUM STUDENT LEVEL 1- LEVEL 4/

## APPRENTICE INSTRUCTOR 1

All levels have sparring requirements. Sparring can be taken to the level of contact that you and your partner are in agreement with and comfortable with. For the requirements of the JFJKDGA, the sparring only need to be light, with control, and not at full speed. Types of sparring are as follows:

- A. isolated/controlled sparring: this sparring isolates the tools used and sometimes the range of the sparring. Example – Jab vs Jab sparring
- B. Hold vs Escape V1: in this sparring one person tries to hold the other in a position while the other tries to escape. No striking, no submission. When one escapes either reset and go again or trade positions.
- C. Hold vs Escape V2: like V1 but with the person being held being able to strike. Person holding the position uses the position as the defense against striking.
- D. Hold vs Escape V3: like V2 but both sides can strike.
- E. Submission vs Reversal V1: Start in a position and one person tries to escape the position while the other holds. Submissions allowed. No striking.
- F. Free sparring: use of all striking tools
- G. Free Wrestling V1: no strikes, submissions allowed. Can start from neutral or start from position.
- H. Free Wrestling V2: same as V1 but strikes allowed.

### Student Level 1 Curriculum

- 1. Fundamentals
  - a. JFJKDGA bow/salute
  - b. Bai Jong stance
- 2. Footwork
  - a. Step and slide
    - i. Advance
    - ii. Retreat
    - iii. To the left
    - iv. To the right
  - b. Slide and step
    - i. Advance
    - ii. Retreat
    - iii. To the left
    - iv. To the right
- 3. Kickboxing

- a. Offensive hands (trained as both SDA standing still and moving around on focus mitts)
  - i. Jab \*(all hand variations)
  - ii. Cross \*(all hand variations)
  - iii. Hook \*(all hand variations)
    - 1. High hook (Front and rear hands)
    - 2. Body hook (Front and rear hands)
  - iv. \*shovel hook
  - v. uppercut (Front and rear hands)
  - vi. Jik Jun Choi/Straight blast
- b. Offensive kicking (trained as both SDA standing still and moving around on focus mitts)
  - i. O'ou tek (round kick) – lead leg
  - ii. O'ou tek (round kick) – rear leg
  - iii. Jik Tek (lifting/snapping kick) – lead leg
  - iv. Jik Tek (lifting/snapping kick) – rear leg
  - v. Thai kick – rear (practice on thai pads)
  - vi. Thai kick – front (switch and cut/stepping) (practice on thai pads)
  - vii. Knee – rear
  - viii. Knee – lead (switch)
- c. Defense – hands
  - i. Cover
  - ii. Slip
  - iii. Bob and weave
  - iv. Salute/wide cover
    - 1. Block then hit (timing)
    - 2. Simultaneous block and hit (timing)
    - 3. Hit then block (timing)
- d. Defense – kicks
  - i. Move away with footwork/avoid
  - ii. Against low kick
    - 1. Shield
    - 2. Cross shield
  - iii. Against mid level kick
    - 1. Ride
    - 2. Ride and cut kick

#### 4. Trapping

- a. Know the reference points
  - i. High outside
  - ii. High inside
  - iii. Low outside

- iv. Low inside
- b. Pak Sao
  - i. From reference
  - ii. From ABD

- c. Lop Sao
  - i. From reference
  - ii. From ABD

## 5. Grappling

- a. Pummel drill
- b. Clinch positions
  - i. Muay thai clinch
  - ii. Single collar tie
  - iii. Body lock
  - iv. Over/under with Kenny Johnson/Bolt Wrestling modification

### c. Breakfalls

- i. Back fall
- ii. Each side
- iii. Forward fall
- iv. Forward roll with slap

### d. Throws

- i. Head lock throw to Kesa Gatame
  - 1. Straight to the ground
  - 2. Hip throw

### e. Ground positions

- i. Kesa Gatame
  - 1. Hand under head
  - 2. Underhook the shoulder
- ii. Back, steated (hooks in)
- iii. Closed Guard
- iv. \*Guard Top (good posture and base)
- v. Cross Body/Side Mount
- vi. Half Guard
- vii. Mount
- viii. Quarter Position

### f. Submissions

- i. From Kesa
  - 1. Choke
  - 2. V arm lock (3 finishes)
  - 3. Straight arm lock/arm bar

- ii. From seated back
  - 1. Choke
- g. Ground defense/escape
  - i. From Kesa
    - 1. Escape number 1 and take the back
  - ii. From Back choke
    - 1. 2 on 1 escape to guard

## 6. Drills

- a. Kickboxing
  - i. Feeder: feeds SDA punching attack Receiver: defends using any L1 curriculum defense
  - ii. Feeder: feeds SDA kicking attack Receiver: defends using any L1 kick defense
  - iii. Mirror drill: Feeder: feeds SDA kick or punch Receiver: defends using any L1 curriculum defense and returns the same SDA attack received. Switch feeder. Back and forth.
  - iv. Jab/catch(or parry) drill (with proper footwork and head movement)
    - 1. Single
    - 2. 3 beat
  - v. using takedown as a defense against boxing
    - 1. defend SDA, takedown, stay on ground
    - 2. defend SDA, takedown and remain standing
- b. Grappling
  - i. muay thai clinch position wrestle
  - ii. collar tie hubad lubad flow with parry/destructions
    - 1. bicep destruction to single collar tie

## 7. Principles and concepts

- a. Know the Ranges/empty hand
  - i. Kicking
  - ii. Punching
  - iii. Trapping
  - iv. Grappling Standing
  - v. Grappling Ground

### b. Know the Ranges/weapon

- i. Largo
- ii. Medio
- iii. Corto

### c. Hand positions for striking

- i. Horizontal fist
- ii. Vertical fist
- iii. Palm/slap

- iv. Finger
- v. Backfist
- vi. Knife hand/sut sao

## 8. Weapons

### a. Single Stick

#### i. Numbering systems

- 1. LaCoste/Inosanto
- 2. Ilustrisimo (Regino)
- 3. Lameco

#### ii. Medio range defense

- 1. Roof block
- 2. Inside sweep
- 3. Outside deflection
- 4. High wing/low wing
- 5. Crusada
- 6. Drop Stick
- 7. Shield

#### iii. Pasak tulo – entry 3

#### iv. Abanico witiks (starting to the inside)

- 1. All high
- 2. High/low/high
- 3. All low
- 4. Low high low

#### v. Sumbrada patterns

- 1. High box (3 count)
- 2. Low box (3 count)

#### vi. Largo range drills

- 1. Meet the force
- 2. Follow the force
- 3. Ordibas (backhand)

#### vii. Largo drills above with single, double, and triple follow up

#### viii. Largo drills with soft stick (and gloves if necessary), taking the hand

#### ix. Largo drills with soft stick (and gloves if necessary), taking the hand, then single, double, and triple follow ups

### b. Double Stick

#### i. Double stick positions

- 1. Abierta
- 2. Serrada Right side Right over Left
- 3. Serrada Right side Left over Right
- 4. Serrada Left side Left over Right
- 5. Serrada Right side Right over Left

6. Crusada Right Over Left

7. Crusada Left Over Right

ii. Siniwalli drills

1. Kob Kob (Pi Pi)

2. Open 16 Count

3. Open 6 count (pasak tulo)

4. Inward/Backhand/Backhand 6 counts

a. Heaven

b. Standard

c. Earth

5. Double Stick medio range defenses

a. Roof block

b. Inside sweep

c. Outside deflection

d. High wing/low wing

e. Crusada

f. Drop Stick

g. Shield

6. Sumbrada drills

a. High box

b. Low box

7. Abecedario Contradas with Gunting defense

a. One follow up

b. Two follow ups

c. Three follow ups

c. Single Knife

i. Slash and thrust on JFJKDGA FMA numbering systems

1. LaCoste/Inosanto

2. Illustrisimo

3. Lameco

ii. Abecedario Contradas with Gunting Defense using all/any numbering systems

1. Single follow up

9. Sparring

a. Jab vs Jab

b. Cross vs Cross

c. Lead Leg vs Lead Leg

d. Rear Leg vs Rear Leg

e. Clinch position start: 1 side strikes, other side tries to hold the clinch position and avoid strikes

i. Muay Thai Clinch

- ii. Single Collar Tie
- f. Ground
  - i. Hold vs Escape (no striking)
    - 1. Kesa Getame
    - 2. Back with hooks in
  - ii. Submission vs Reversal (no striking)
    - 1. Kesa Getame
    - 2. Back with Hooks in
  - iii. Free Wrestle from any position, no strikes
  - iv. Free Wrestle from any position, work in strikes

g. Weapons

- i. Single Stick (use soft sticks) target hand only
- ii. Double Stick (use soft sticks) target hand only
- iii. Single knife (use soft knife) target hand only

\*Items in black can be found on the JFJKDGA INSTRUCTOR SERIES VOLUME 1 WITH BURTON RICHARDSON

\*Items in red are curriculum added by Tim Becherer with the approval of Simo Debra Hartsell. The material is from the sessions Sifu Hartsell taught to Tim Becherer and Christopher Harley, Sifu Hartsell's notes, and footage of Sifu's material taught in his seminars from the 1980's through 2007. This material can be found on the supplemental Instructor Series videos.

**Student Level 2 Curriculum**

- 1. Footwork
  - a. Curving step/quarter step
  - b. Step through/lateral triangle
  - c. Rocker Shuffle
- 2. Kickboxing
  - a. Punching combos on focus mitts (holding properly is also a requirement)
    - i. Jab, Cross, High Hook (lead hand)
    - ii. Cross, High Hook (lead hand), Cross
    - iii. High Hook (lead hand), Cross, High Hook (lead hand)
  - b. Elbows
    - i. Horizontal snap elbow (lead)
    - ii. Horizontal smash elbow (rear)
    - iii. Downward Elbow (rear)
  - c. Punch Defenses

i. Any punch

1. Stop kick/Jeet Tek

- a. Side kick – lead leg
- b. Side kick foot at 45 angle (teep kan) – lead leg
- c. Teep – lead leg
- d. duck

2. Against jab

- a. Slip punch, lead O'ou tek

3. Against cross

- a. Shoulder roll w/simultaneous kick

d. Kick Defenses

- i. Shooto Catch A against mid line round kick
- ii. Shooto Catch B against mid line round kick
- iii. Lead hand scoop against Jik Tek

3. Trapping

a. Compound trapping

- i. Pak sao to lop sao
- ii. Lop sao to pak sao

4. Grappling

a. Wrestling Grips

- i. Gable Grip/Wrestler's Grip
- ii. Butterfly Grip
- iii. Lebell Grip
- iv. Chain Grip
- v. Seatbelt Grip

b. Clinch Defense

i. Against Thai Clinch – defense 1 steps

- 1. Hands over top of clinch
- 2. Push chin away
- 3. Bicep control to push
- 4. Striking while moving out

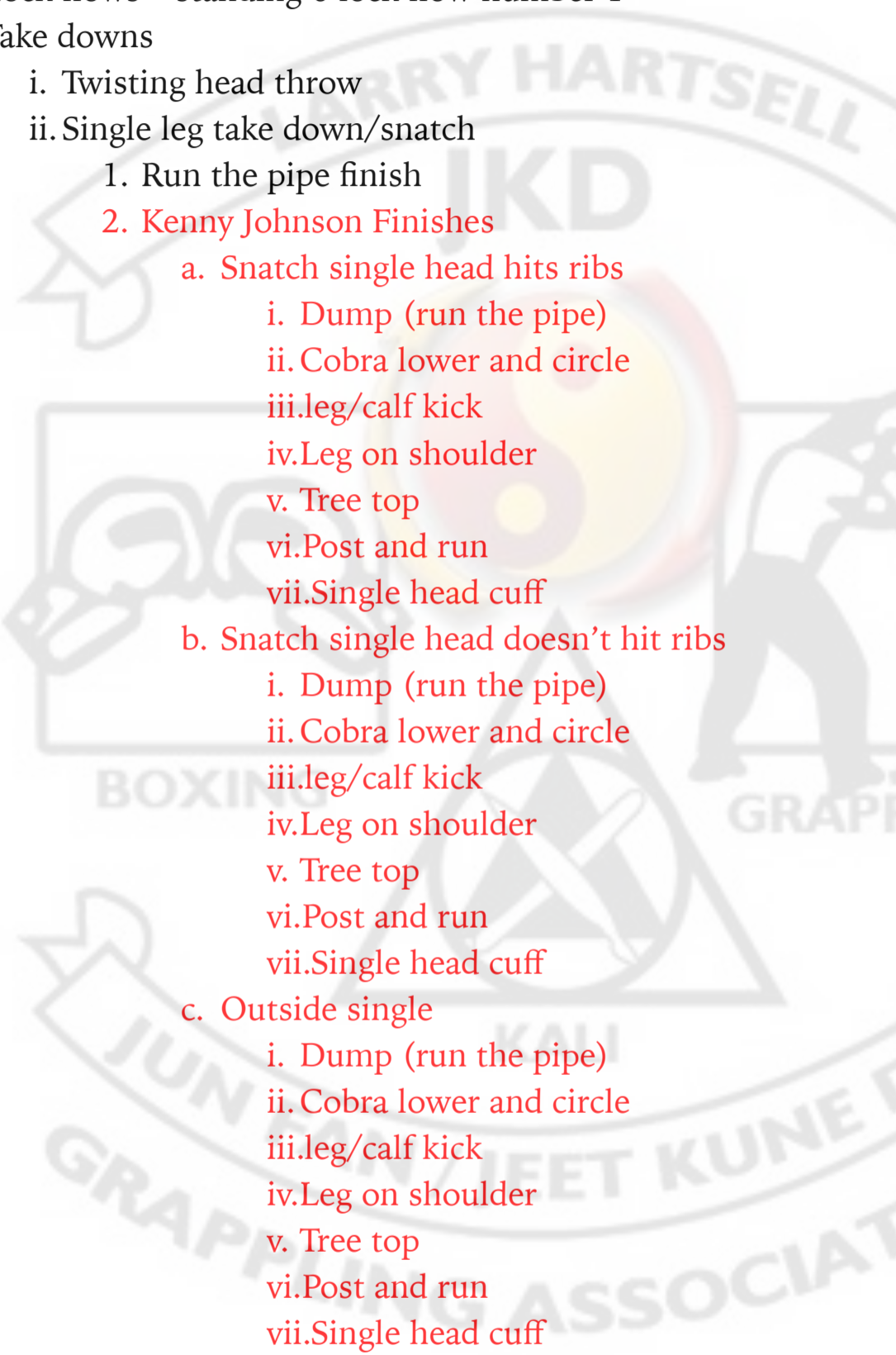
ii. Against single collar tie

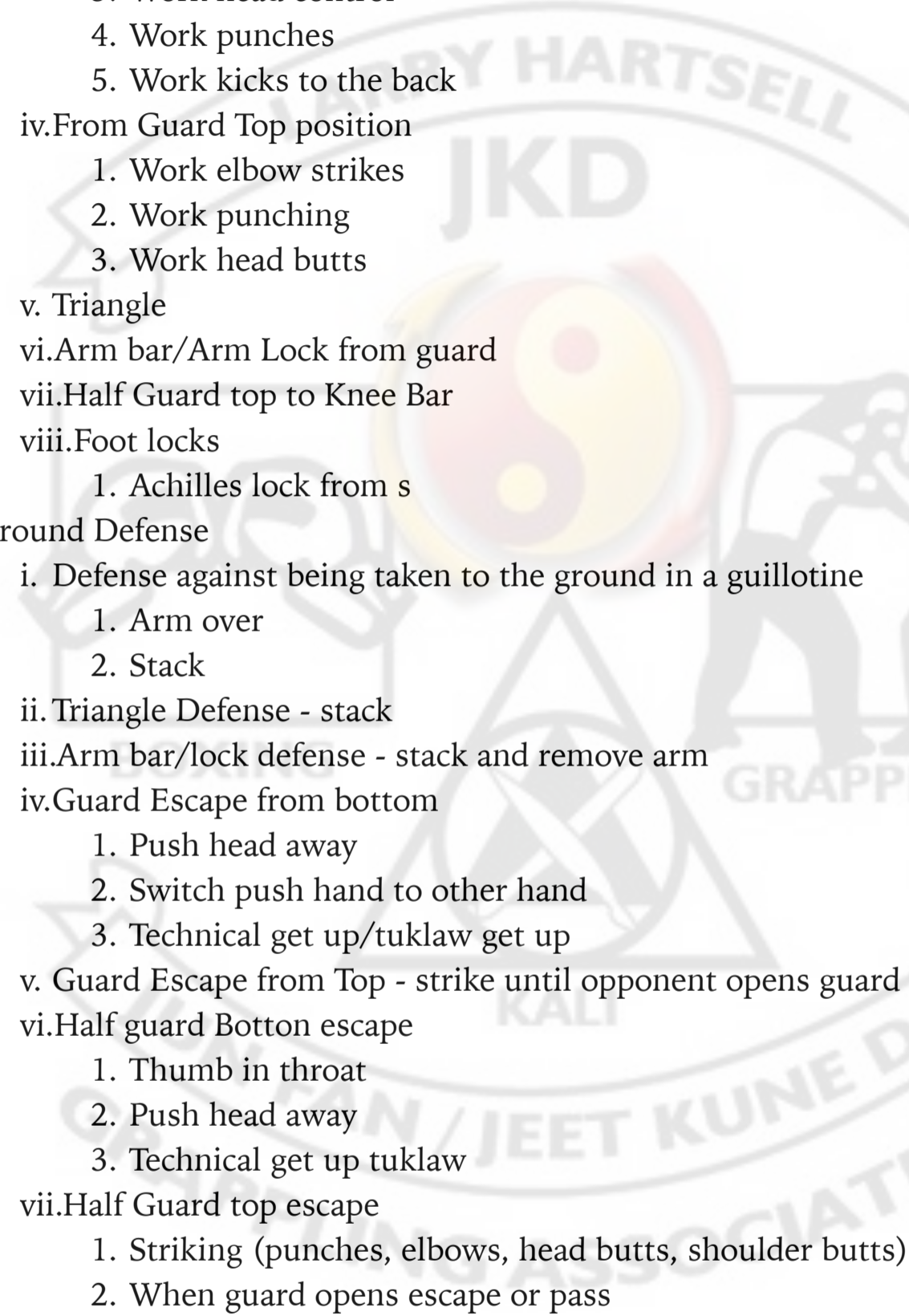
- 1. Inside Bicep Destruction
- 2. Inside Parry/Backfist-hammer fist to the face
- 3. Inside parry sungob to throat
- 4. Inside parry/sungob – bil gie to eye
- 5. Drill using Hubad Lubad
  - a. Collar tie
  - b. Any destruction to collar tie
  - c. Other side does the same

c. Clinch Offense

i. Single collar tie

- 1. Punching

- 
- 2. Kneeing
    - 3. Shoulder bump
    - 4. Head butts
    - 5. Elbows
  - d. Lock flows – standing 6 lock flow number 1
  - e. Take downs
    - i. Twisting head throw
    - ii. Single leg take down/snatch
      - 1. Run the pipe finish
      - 2. Kenny Johnson Finishes
        - a. Snatch single head hits ribs
          - i. Dump (run the pipe)
          - ii. Cobra lower and circle
          - iii. leg/calf kick
          - iv. Leg on shoulder
          - v. Tree top
          - vi. Post and run
          - vii. Single head cuff
        - b. Snatch single head doesn't hit ribs
          - i. Dump (run the pipe)
          - ii. Cobra lower and circle
          - iii. leg/calf kick
          - iv. Leg on shoulder
          - v. Tree top
          - vi. Post and run
          - vii. Single head cuff
        - c. Outside single
          - i. Dump (run the pipe)
          - ii. Cobra lower and circle
          - iii. leg/calf kick
          - iv. Leg on shoulder
          - v. Tree top
          - vi. Post and run
          - vii. Single head cuff
  - f. Ground postures
    - i. Half guard
  - g. Ground Offense
    - i. From Kase Getame
      - 1. Trap arm with leg
      - 2. Proper head position
      - 3. Strikes to set up locks
    - ii. From seated taking back with hooks in
      - 1. When opponent rolls, flatten them out on stomach

- 
- 2. Strikes
  - iii. From your Guard
    - 1. Control them
    - 2. Work elbows
    - 3. Work head control
    - 4. Work punches
    - 5. Work kicks to the back
  - iv. From Guard Top position
    - 1. Work elbow strikes
    - 2. Work punching
    - 3. Work head butts
  - v. Triangle
  - vi. Arm bar/Arm Lock from guard
  - vii. Half Guard top to Knee Bar
  - viii. Foot locks
    - 1. Achilles lock from s
  - h. Ground Defense
    - i. Defense against being taken to the ground in a guillotine
      - 1. Arm over
      - 2. Stack
    - ii. Triangle Defense - stack
    - iii. Arm bar/lock defense - stack and remove arm
    - iv. Guard Escape from bottom
      - 1. Push head away
      - 2. Switch push hand to other hand
      - 3. Technical get up/tuklaw get up
    - v. Guard Escape from Top - strike until opponent opens guard
    - vi. Half guard Bottom escape
      - 1. Thumb in throat
      - 2. Push head away
      - 3. Technical get up tuklaw
    - vii. Half Guard top escape
      - 1. Striking (punches, elbows, head butts, shoulder butts)
      - 2. When guard opens escape or pass
    - viii. Counter to seated achilles lock

## 5. Principles and Concepts

- a. Attack by Drawing (ABD)
  - i. Fake bil Gie to Jeet Tek
    - 1. Regular side kick
    - 2. Teep Kan
  - ii. Feints
    - 1. Fake punch to set up kick

2. Fake kick to set up punch
3. Fake Shoot to set up punch\*
4. Fake Shoot to set up kick\*
5. Fake punch to set up Shoot\*
6. Fake Kick to set up shoot\*

## 6. Contact Drills

- a. Feed 3 count combo/Defend 3 count combo – back and forth
- b. Mirror Drill 3 count combo
- c. 3 count Jab drill
  - i. with lead O'ou tek after last jab
  - ii. with rear O'ou tek after last jab
- d. feed 3 count combo/defend and then answer with takedown

## 7. Weapons

### a. Double Stick

#### i. Siniwali Drills

1. Closed 4 count
2. Open 16 count
3. Umbrella Six Count
  - a. Heaven
  - b. Standard
  - c. Earth
4. Six counts (heaven, standard, earth) with abanico prefixes
  - a. High low high
  - b. Low high low
  - c. 3 high
  - d. 3 low
  - e. 2 high 1 low
  - f. 2 low 1 high
  - g. 1 high 2 low
  - h. 1 low 2 high
5. Abedcidario contratas using gunting
  - a. Right and left handed feed
  - b. All forehand feed
  - c. Lacoste feed forehand/backhand, keeping the forehand consistent
6. Full box sumbrada

### b. Single Stick

- i. LaCoste numbering system through 25
- ii. Sumbrada pattern - full box
- iii. Largo drills
  1. Tigbas (forehand)
  2. Meet to follow
  3. Follow to meet

### c. Dagger

i. Single dagger

1. Tappi tappi sensitivity drill

ii. Double dagger

a. Abecedario contradas 12 angles all numbering systems with single, double, triple follow ups

8. Isolated Sparring

- a. Thai Clinch, Knees only sparring
- b. Jab and lead hook vs jab and lead hook
- c. jab and cross vs jab and cross
- d. Lead hand and lead leg vs lead hand and lead leg
- e. Rear hand and rear leg vs rear hand and rear leg
- f. From the Clinch: all hands vs all hands with emphasis on controlling shots
- g. From the clinch: takedown vs takedown no strikes but only using technique that can work if striking is happening
- h. Ground: hold vs escape with no striking strike safe rule applies (see above)
  - i. Guard
    - 1. On top
    - 2. On bottom
  - ii. Half guard
    - 1. Top
    - 2. Bottom
- i. Ground: submission vs reversal/escape
  - i. Guard
    - 1. Top
    - 2. Bottom
  - ii. Half guard
    - 1. Top
    - 2. Bottom
- j. Wrestle for superior position
  - i. Guard
    - 1. Top
    - 2. Bottom
  - ii. Half guard
    - 1. Top
    - 2. Bottom
- k. Free sparring
  - i. Kickboxing
  - ii. Clinch with strikes and takedowns
  - iii. Ground with strikes

l. Weapons

i. Single stick arm and body as targets only

ii. Double stick arm and body as targets only

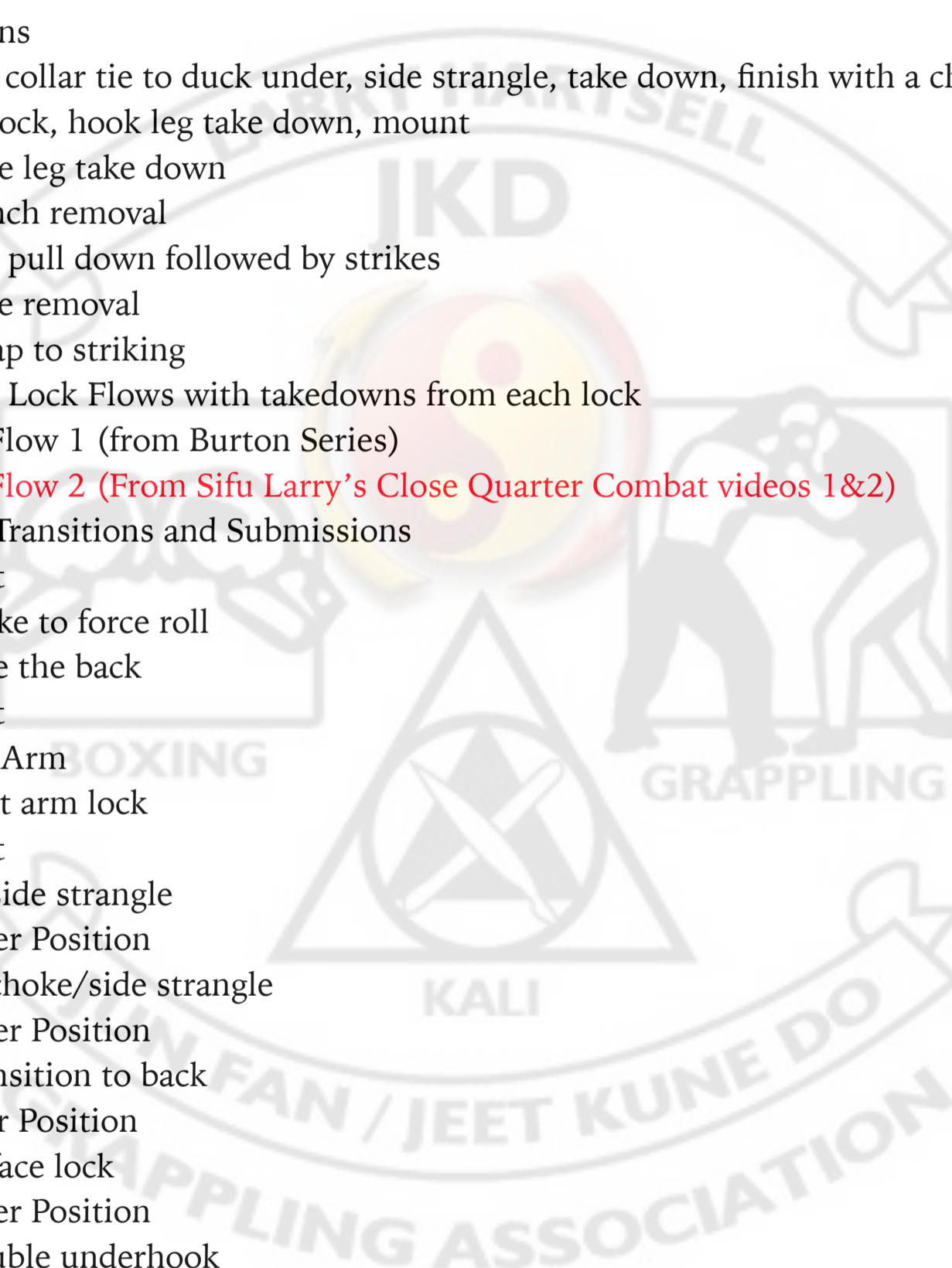
- iii. Single knife arm and body targets only
- iv. Double knife arm and body targets only

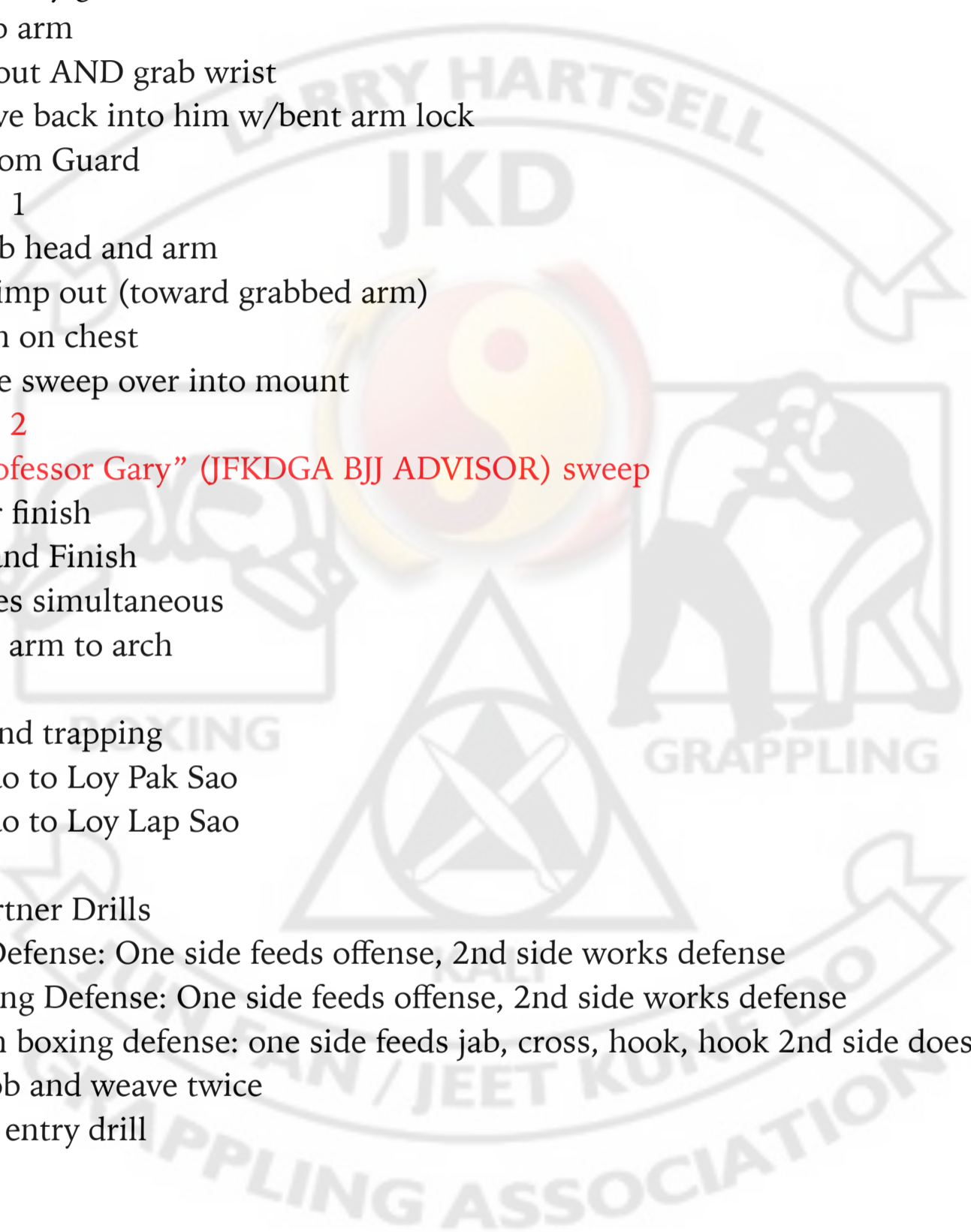
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### **Student Level 3 Curriculum**

1. Footwork
  1. Pendulum footwork
  2. Jag Step/Lead step 3 ways
2. Kickboxing - Offense
  1. Pad combos- hit and hold
    1. Jab, lead hook, cross
    2. Cross, uppercut, cross
    3. Hook, uppercut, hook
    4. Overhand, uppercut, overhand
  2. Kicks
    1. Dum Tek
    2. Gua Tek
3. Kickboxing - Defense
  1. Against punching
    1. Parry
      1. Follow with straight blast, kick
      2. Follow with cross, hook, cross, kick
      3. Follow with hook, cross, hook, kick
    2. Split entry
      1. Follow with straight blast, kick
      2. Follow with cross, hook, cross, kick
      3. Follow with hook, cross, hook, kick
    3. Dekup (cupping, scooping)
      1. Follow with straight blast, kick
      2. Follow with cross, hook, cross, kick
      3. Follow with hook, cross, hook, kick
  2. Kick Defense

- 
1. VS low round kicks
    1. jeet juk tek
  2. VS low round kicks and side kicks
    1. Jeet juk tek
  3. VS midline kicks
    1. Ha Pak
  4. Grappling
    1. Takedowns
      1. Single collar tie to duck under, side strangle, take down, finish with a choke
      2. Body lock, hook leg take down, mount
      3. Double leg take down
    2. Thai Clinch removal
      1. 2 on 1 pull down followed by strikes
    3. Collar Tie removal
      1. Ear slap to striking
    4. Standing Lock Flows with takedowns from each lock
      1. Lock Flow 1 (from Burton Series)
      2. Lock Flow 2 (From Sifu Larry's Close Quarter Combat videos 1&2)
    5. Ground Transitions and Submissions
      1. Mount
        1. Strike to force roll
        2. Take the back
      2. Mount
        1. Pin Arm
        2. Bent arm lock
      3. Mount
        1. To side strangle
      4. Quarter Position
        1. To choke/side strangle
      5. Quarter Position
        1. Transition to back
      6. Quarter Position
        1. To face lock
      7. Quarter Position
        1. Double underhook
        2. Turnover
        3. Sit out to stocks
    6. Mount Escapes
      1. Bridge, Roll, Arm Trap
      2. Bridge, elbow in, knee, shrimp out, work out to half guard
    7. Quarter position escapes (bottom)

- 
1. From body grab 1
    1. Trap arm
    2. Sit out
    3. Reach for hip
    4. Take back
  2. From Body grab 2
    1. Trap arm
    2. Sit out AND grab wrist
    3. Move back into him w/bent arm lock
  8. Sweep from Guard
    1. Sweep 1
      1. Grab head and arm
      2. Shrimp out (toward grabbed arm)
      3. Shin on chest
      4. Sicle sweep over into mount
    2. Sweep 2
      1. "Professor Gary" (JFKDGA BJJ ADVISOR) sweep
  9. Knee Bar finish
    1. Arch and Finish
    2. Achilles simultaneous
    3. Under arm to arch
  5. Trapping
    1. Compound trapping
      1. Pak Sao to Loy Pak Sao
      2. Pak Sao to Loy Lap Sao
  6. Contact Partner Drills
    1. Boxing Defense: One side feeds offense, 2nd side works defense
    2. Kickboxing Defense: One side feeds offense, 2nd side works defense
    3. No touch boxing defense: one side feeds jab, cross, hook, hook 2nd side does slip twice, bob and weave twice
    4. jab, split entry drill
      1. 2 beat
      2. 3 beat
  7. Tactics and Concepts
    1. Southpaw vs Orthodox
    2. Fake low to high
      1. Punch to kick
      2. Kick to punch
    3. Fake high to low
      1. Punch to kick

2. Kick to punch

4. Stick vs blade tactics

## 8. Weapons

### 1. Double Stick

1. Cambiada/Kadena Reyala

1. Follow up with striking

2. 5 disarms (Lacoste)

2. Lameco Totsada

1. Left deflect right thrust

1. Inside

2. Outside

2. Right deflect left thrust

1. Inside

2. Outside

3. Lameco Panipis

4. Lameco Pluma

5. Lameco Tusok Pluma

6. Lameco Pasungkit Kanan (right hand)

7. Lameco Pasungkit Kaliwa (left hand)

8. Lameco Aldabis Kanan (right hand)

9. Lameco Aldabis Kaliwa (left hand)

### 2. Single Stick

1. Cambiada/Kadena Reyala

2. Disarms

1. Snake

1. Clockwise

2. Counter clockwise

2. Vine

1. Clockwise

2. Counter clockwise

3. Sopet at 12:00

4. Quick release at 3:00 (12:00 fail)

5. Quick release thump peel

1. 11:00

2. 12:00

3. 1:00

6. Push/Pull Blocks

1. Pull to the right

2. Pull to the left top and bottom punyos

3. Pull to the left both bottom

4. Pull to the left top/bottom tip toward opponent

5. Pull to the left top/bottom tip away from opponent

3. Lameco Eskrima Uno
4. Lameco Eskrima Dos
5. Lameco Eskrima Tres
6. Lameco Eskrima Singco
7. Lameco Eskrima Saez
8. Lameco Eskrima Siete
9. Lameco Eskrima Otso
10. Lameco Eskrima Nueve
11. Lameco Eskrima Diez

### 3. Stick and Dagger

1. Abecedario vs single stick
  1. LaCoste numbering system
  2. Ilustrisimo numbering system
  3. Lameco numbering system

### 4. Single Dagger

1. 4 single dagger grips
2. Abecedario contratas largo range
3. Sumbrada standard grip
4. Sumbrada ice pick grip

### 5. Double Dagger

1. 8 double dagger grips
2. Sumbrada with the grips

### 9. Sparring

#### 1. Isolated Sparring: Kickboxing

1. jab, lead uppercut and rear uppercut vs the same
2. Jab, cross, lead hook and rear hook vs the same
3. kickboxing: all hands and lead leg only vs the same
4. Kickboxing: all hands and rear leg only vs the same
5. Clinch with Knees only

#### 2. Isolated Sparring: ground

1. Mount position: hold vs escape
2. Quarter position: hold vs escape
3. Mount position: submission vs reversal
4. Quarter position: submission vs reversal
5. Mount position: wrestle for superior position, submissions allowed
6. Quarter position: wrestle for superior position, submissions allowed

#### 3. Isolated Sparring: weapons - no take downs or grappling

1. Single stick with fencing helmet and soft stick Isolated Sparring: weapons - no take downs or grappling

2. Single stick with fencing helmet and soft stick
3. Double stick with fencing helmet and soft stick
4. Single Dagger with fencing helmet and soft knife
5. Double Dagger with fencing helmet and soft knives
6. Single Dagger with fencing helmet and soft knife
4. Free Sparring: kickboxing
  1. All hands and feet, clinch and ground allowed
  2. Start in clinch, can go to kickboxing or ground
  3. Start on ground, can go back to standing and clinch
    1. Pick any position to start
    2. If there is a submission go back to original position

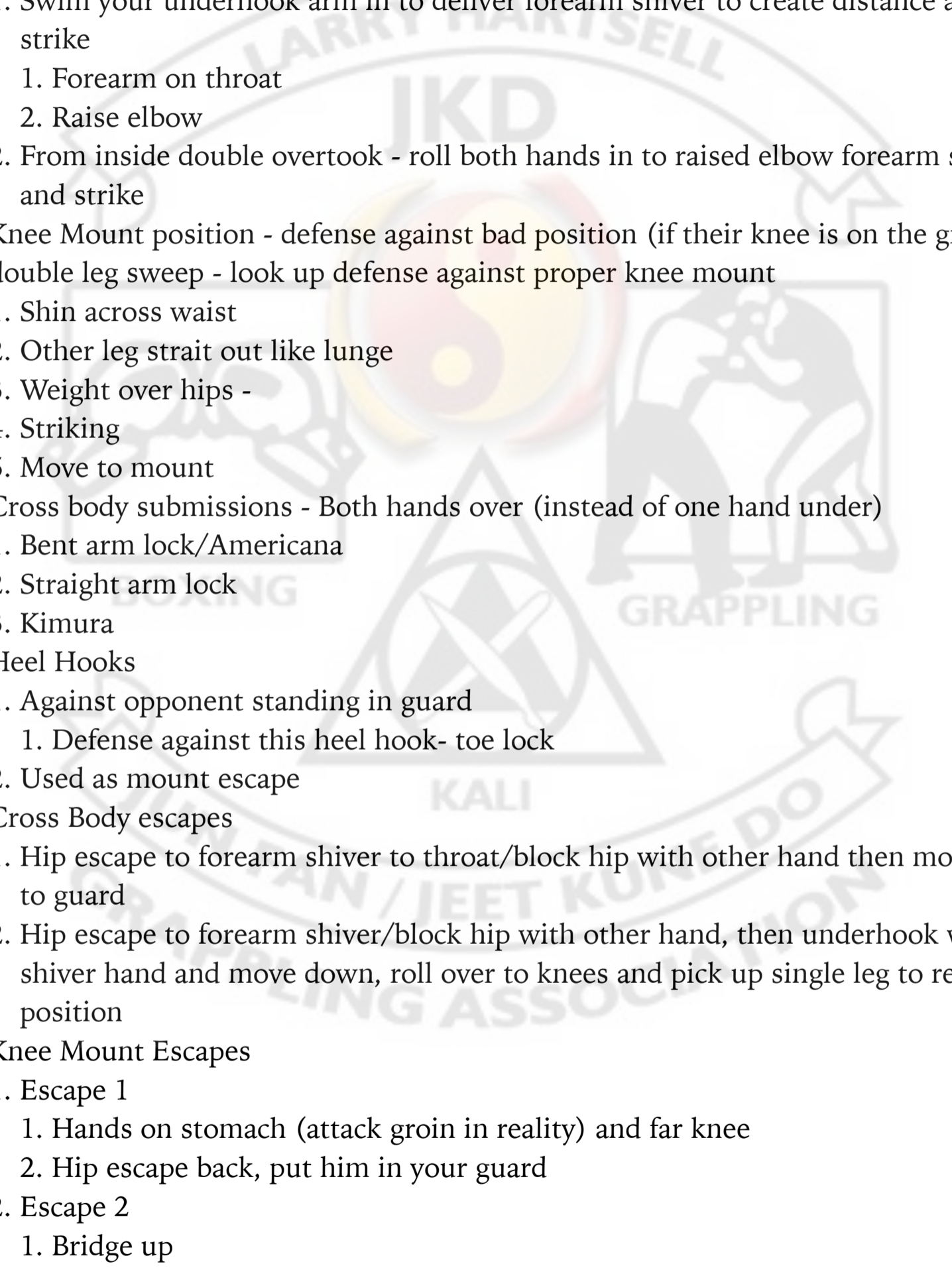
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#### **Level 4 - Apprentice Instructor 1 Curriculum**

1. Footwork
  1. Male triangle
  2. Female triangle
  3. Hour glass
2. KICKBOXING
  1. Shadow Boxing with head movement, footwork, punching, headbutts, knees, elbows, and kicking
  2. FOCUS MITTS
    1. 1-2 series (cross defenses) - do and hold/feed properly
      1. catch, Shoulder roll/simultaneous o'ou tek follow with Chun choi (for testing cross, hook, cross) and O'ou Tek (for training any and all ABC combinations should be experimented with)
      2. Jab/wide right is thrown - bob and weave the wide right, hook, cross, hook and lead o'ou tek
      3. Jab/wide right is thrown - shoulder stop cross, hook, cross and lead o'ou tek
      4. Catch, parry to hit high, hook, cross, hook, o'ou tek
      5. Catch, parry to hit low, hook, cross, hook, o'ou tek
    2. 1-3 series (hook defenses) - do and hold/feed properly

1. catch, Tight cover, hook, cross, hook, o'ou tek
  2. catch, Tight cover and simultaneous hit, cross, hook, cross, o'ou tek
  3. catch, Bob and Weave, cross, hook, cross, o'ou tek
  4. catch, Tan Sau simultaneous hit, cross, hook, cross, o'ou tek
  5. Catch Bil Sau simultaneous hit, cross, hook, cross, o'ou tek
3. KICKBOXING RANGE CONCEPTS
1. Kicking range crashing to punching range
  2. Punching range opponent moves to kicking range
  3. Kicking range close to punch, opponent moves to kicking range
  4. Punching range to kicking range to punching range
4. Stop Hits vs Kicks
1. Jab to stop Muay Thai rear leg kick
  2. Cross to stop Muay Thai rear leg kick
5. Take down to submission mid level kick defense
1. Off Shooto Catch A
    1. Step in grab throat and sweep supporting leg
    2. Step on thigh and spread other leg
    3. Standing achilles lock
  2. Off Shooto Catch B
    1. Step in grab throat and sweep supporting leg
    2. Inside knee slides across to lay out and knee bar
      1. straight line variation
      2. Achilles crank variation
      3. Under the arm variation
6. Kickboxing hands defenses add elbows and headbutts - feeder feeds punches, elbows, and headbutts
1. Punch defenses from all levels so far
  2. Single arm angled covers against elbow
  3. Pradal Serey/Oumry Ban X defense against elbows
  4. Two hand cover against headbutt
7. Kickboxing partner drills
1. Offense defense offense 1-3-4 drill
    1. You feed a jab
    2. Your partner responds with any three count hands
    3. You respond with any 4 count including hands and feet
8. Grappling
1. Guillotine counters
    1. counter A (BJJ counter)
    2. counter B Kenny Johnson quick release
  2. Clinch - Thai Clinch/plum
    1. Pummel for double inside

- 
2. Counters for good double inside grips
    1. Two hands elbow push/pull to re grab
    2. Parry to sunbag to throat or eyes to re grab (becomes part of hubad flow later)
  3. From over/under - 50/50 - pummel position
    1. Swim your underhook arm in to deliver forearm shiver to create distance and strike
      1. Forearm on throat
      2. Raise elbow
    2. From inside double overtook - roll both hands in to raised elbow forearm shiver and strike
  4. Knee Mount position - defense against bad position (if their knee is on the ground) - double leg sweep - look up defense against proper knee mount
    1. Shin across waist
    2. Other leg strait out like lunge
    3. Weight over hips -
    4. Striking
    5. Move to mount
  5. Cross body submissions - Both hands over (instead of one hand under)
    1. Bent arm lock/Americana
    2. Straight arm lock
    3. Kimura
  6. Heel Hooks
    1. Against opponent standing in guard
      1. Defense against this heel hook- toe lock
    2. Used as mount escape
  7. Cross Body escapes
    1. Hip escape to forearm shiver to throat/block hip with other hand then move back to guard
    2. Hip escape to forearm shiver/block hip with other hand, then underhook with shiver hand and move down, roll over to knees and pick up single leg to reverse position
  8. Knee Mount Escapes
    1. Escape 1
      1. Hands on stomach (attack groin in reality) and far knee
      2. Hip escape back, put him in your guard
    2. Escape 2
      1. Bridge up
      2. Take the leg that is on your body as a single leg
      3. Reverse the position
  9. Trapping
    1. Pak Sao to Wedge to Pak sao

## 2. Pak Sao to Wedge to Lop Sao

### 10. Weapons

#### 1. Single Stick

##### 1. Atillo/Lameco Balintawak stage 1

1. Feeder gives horizontal strikes 1 to 4
2. Defender defends with vertical block and gives controlled strike back stopping half way (if the strike is extended the tip should just hit the target)

##### 2. Atillo/Lameco Balintawak stage 2

1. Feeder gives horizontal strikes 1 to 4
2. Defender defends with vertical Block and returns horizontal strike
3. feeder defends with vertical block

##### 3. Atillo/Lameco Balintawak stage 3

1. Feeder gives horizontal strikes 1 to 4
2. Defender blocks vertically
3. Feeder defends with vertical block
4. Defender clears the stick in Atillo sector 1 and strikes

##### 4. Atillo/Lameco Balintawak stage 4

1. Feeder gives horizontal strikes 1 to 4
2. Defender blocks vertically
3. Feeder defends with vertical block
4. Defender clears the stick in Atillo sector 1 and strikes
5. attacker blocks with hand
6. Defender clears the hand and strikes

##### 5. Freelance sumbrada stage 1

##### 6. Punyo Sumbrada - LaCoste method

1. Angle 1
2. Angle 3
3. Angle 5

#### 2. Double Stick

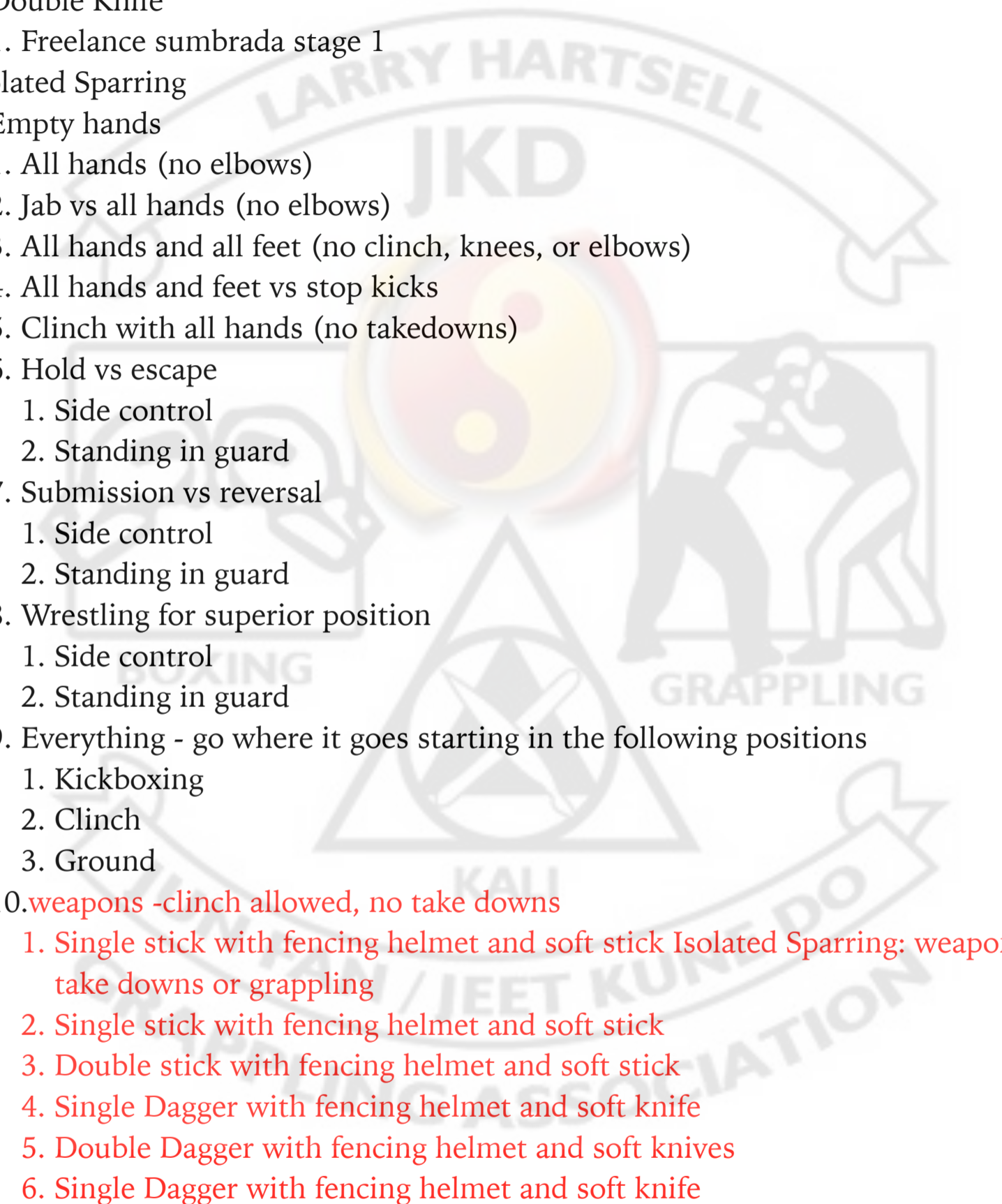
##### 1. LaCoste Matrix (all high line strikes)

1. Mixed hand positions
2. All from Abierta
3. All from serrada
4. All from crusada

##### 2. Freelance sumbrada stage 1

#### 3. Stick and Dagger

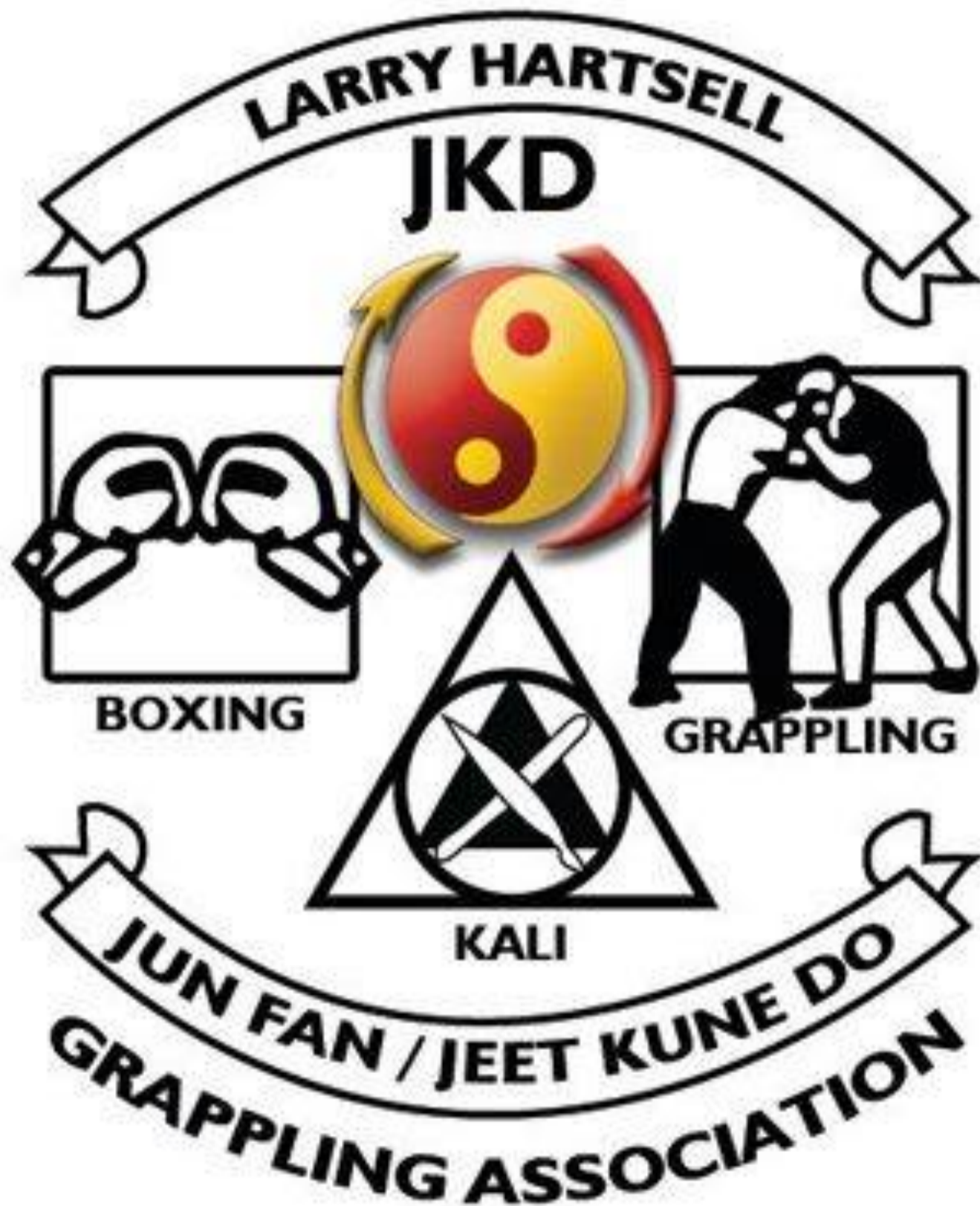
1. 4 count lunge entry
2. 5 count lunge entry
3. Pasok Kabayo
  1. 5 count
  2. 6 count

- 
- A large, semi-transparent watermark of the JFKDGA logo is centered in the background. It features a circular emblem with a yin-yang symbol, surrounded by the text 'LARRY HARTSELL' at the top, 'JKD' in the center, and 'JFKDGA ASSOCIATION' at the bottom. Below the emblem, there are three smaller icons: a boxing glove, a person in a guard position, and a person in a submission position, with the words 'BOXING', 'GRAPPLING', and 'KALI' respectively. A banner at the bottom of the emblem reads 'JEET KUNE DO'.
- 3. 7 count
  - 4. Single Knife
    - 1. Freelance sumbrada stage 1
    - 2. Palasut drill- know both sides
  - 5. Double Knife
    - 1. Freelance sumbrada stage 1
  - 11. Isolated Sparring
    - 1. Empty hands
      - 1. All hands (no elbows)
      - 2. Jab vs all hands (no elbows)
      - 3. All hands and all feet (no clinch, knees, or elbows)
      - 4. All hands and feet vs stop kicks
      - 5. Clinch with all hands (no takedowns)
    - 6. Hold vs escape
      - 1. Side control
      - 2. Standing in guard
    - 7. Submission vs reversal
      - 1. Side control
      - 2. Standing in guard
    - 8. Wrestling for superior position
      - 1. Side control
      - 2. Standing in guard
    - 9. Everything - go where it goes starting in the following positions
      - 1. Kickboxing
      - 2. Clinch
      - 3. Ground
    - 10. weapons -clinch allowed, no take downs
      - 1. Single stick with fencing helmet and soft stick Isolated Sparring: weapons - no take downs or grappling
      - 2. Single stick with fencing helmet and soft stick
      - 3. Double stick with fencing helmet and soft stick
      - 4. Single Dagger with fencing helmet and soft knife
      - 5. Double Dagger with fencing helmet and soft knives
      - 6. Single Dagger with fencing helmet and soft knife

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## APPENDIX 1 - FORMATION OF THE JFJKDGA LETTER

### JUN FAN/JEET KUNE DO GRAPPLING ASSOCIATION

Dear Jun Fan/Jeet Kune Do Practitioner,

It is my wish that this letter finds you in good health! This correspondence is my formal declaration of the formation of a new organization. The organization will be directed by me in the spirit of Jeet Kune Do as established by Bruce Lee, "use no way as way, have no limitation as limitation". This is not a pretentious move but one based on a myriad of conversations with my instructor and mentor Dan Inosanto.

This organization will be based on teaching and thus perpetuating the concepts of Jeet Kune Do. All ranges of combat will be taught; however, there will be an emphasis on the end product of most confrontations, grappling. Hence, the name of the organization will be the Jun Fan/Jeet Kune Do Grappling Association.

I will establish a representative(s) in each state to help coordinate activities and facilitate communication. The association's curriculum will be broken down into five phases. Each phase will take at least one year for the student to become proficient enough with it's content to successfully test out of the phase. To facilitate the testing process and to insure that the content of the phases are being properly presented and practiced, I am requiring each association member to attend at least two seminars or one camp each year. These seminars can be taught by either Dan Inosanto or me. This will insure that we have personal contact with each association member to make observations and recommendations for individual growth. It will also be during these gatherings that testing will be conducted and promotions made.

The membership fees are \$25 per year. The required membership card is \$5 and is good for five years. The membership card also serves as your record of advancement and seminar attendance. The back of the card will be stamped as you progress from one phase to the next and initialed for each seminar that you attend. There will also be association patches (\$10.00) and other logo items available. All of these items can be obtained by writing to me at the address found at the end of this letter.

This association was formed to assist all those interested in exploring the concepts of Jeet Kune Do and eventually finding their own brand of individual expression. This, my friend, concludes my letter to you and I hope to see you soon. Together we will establish one of the finest martial arts organizations in the world. Thank you for your time and consideration.

Sincerely,

*Larry Hartsell*

Larry Hartsell  
P.O. Box 9424  
Marina del Rey, CA 90292  
(213) 305-7773

## APPENDIX 2 - STUDENT RENEWAL FORM

[illegible]

## JFKDGA RENEWAL FORM

PAGE 2 OF 3

TRAINING HOURS FOR 20\_\_

LOG OF HOURS TRAINING WITH JFJKDGA FULL/SENIOR FULL INSTRUCTOR OR OTHER

[illegible]

JFKDGA RENEWAL FORM					
					PAGE 3 OF 3
TELL US ABOUT YOUR TRAINING GOALS FOR THE COMING YEAR					

## APPENDIX 3 - TRAINING GROUP FORMS

### **JUN FAN JEET KUNE DO GRAPPLING ASSOCIATION TRAINING GROUP ROLL SHEET**

month:

year:

Group Leader(s):

Group Advisor(s):

School name:

School website:

Group Members:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

**JUN FAN JEET KUNE DO GRAPPLING ASSOCIATION**  
**TRAINING GROUPS**  
**TRAINING LOG/DIARY**

Month and Year:

- Attach this months advisor approved lesson plan(s)
- list training days, hours, material covered, and student attendance. Attach separate pages if necessary

