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## **ORANGE 2 CURRICULUM - TAEKWONDO / MUAY THAI**

1. Taekwondo Pattern - Do-San (full)
2. Muay Thai Combos
  - Demonstrate 3 Combos

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## **ORANGE 2 CURRICULUM - JUN FAN / JEET KUNE DO**

1. From Bil Jee - Pak Sao Da / Lop Sao Da / Gum Sao Da

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## **ORANGE 2 CURRICULUM - KALI / ESKRIMA / SILAT**

1. Amarra
  - Forehand Kilap
  - Backhand Kilap
2. Sinawali - Opposites
3. KDM - Lock Flow 1
4. KDM - 5/2/6/4 Drill
5. Silat
  - Against a Jab - Vertical Gunting / Trap / Knifehand / Knee / Sapu Dalem
  - Against a Jab - Vertical Gunting / Trap / Knifehand / Knee / Sapu Luar

