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## **GREEN 1 CURRICULUM - TAEKWONDO / MUAY THAI**

1. Taekwondo Pattern - Won-Hyo (first half)

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## **GREEN 1 CURRICULUM - JUN FAN / JEET KUNE DO**

1. 3 Counters Against a Jab / Cross -
  - Pat jab, shoulder roll, o'ou tek, cross, hook, cross
  - Pat jab, shoulder stop the cross, cross, hook, cross
  - Pat jab, outside parry the cross, cross, hook, cross

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## **GREEN 1 CURRICULUM - KALI / ESKRIMA / SILAT**

1. Silat
  - Bizet Dalem
  - Bizet Luar
2. Single Stick
  - Deflection Series / follow with hit
  - Wing Series / follow with hit
3. KDM - Redirect to a 3-Line

