



YELLOW 1 CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Pattern - Dan-Gun (first half)
2. Muay Thai Offense
 - Left to Right 4 Count
3. Muay Thai Defense
 - Defend Left to Right 4 Count
4. Defense
 - 10 Count Cover Drill

YELLOW 1 CURRICULUM - JUN FAN / JEET KUNE DO

1. Straight Blast Drills
 - Jik Tek / Double Pak / Straight Blast / Jik Tek
 - Juk Tek / Pak Sao / Loy Lop / Straight Blast / Juk Tek
2. Trapping
 - Pak Sao / Lop Sao Da / Cross / Hook / Cross
 - Pak Sao / Jao Sao / Double Jut Sao / Cross / Hook / Cross
3. Defense - Scoop the Foot Jab

YELLOW 1 CURRICULUM - KALI / ESKRIMA / SILAT

1. Amarra
 - High Witik
 - Middle Witik
 - Adlow
 - Bulon
2. Vine Disarms Angles 1-5
3. Inayan Sinawali 8 Count
4. Hubud Drill - Elbows
5. Destruction Series #1
 - Dakop / Pa'awas — Higot Ug Siko (4 ways)
 - Dakop / Pa'awas — Backhand Gunting
 - Dakop / Pa'awas — Inside Gunting to Inside Thrust
 - Dakop / Pa'awas — Inside Gunting to Ordabis or Outside Thrust

