



PURPLE 1 CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Pattern - Yul-Guk (first half)

PURPLE 1 CURRICULUM - JUN FAN / JEET KUNE DO

Loy Da Series (5-7) —

1. Off Jab - Loy da, to reference, pak sao da, cross, hook, cross, lead o'ou tek
2. Off Jab - Loy da, to reference, pak sao da, lop sao da, cross, hook, cross, lead o'ou tek
3. Off Jab - Loy da, to reference, pak sao da, ball and socket, lop sao da, cross, hook, cross, lead o'ou tek

PURPLE 1 CURRICULUM - KALI / ESKRIMA / SILAT

1. Silat - Tarik Kapala
2. KDM - Lock Flow 3
3. Free Flow Sparring
 - Single Stick
 - Double Stick

