



GREEN 2 CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Pattern - Won-Hyo (full)

GREEN 2 CURRICULUM - JUN FAN / JEET KUNE DO

1. Low ping choy, pak sao, gua choy, pak sao da
2. Low ping choy, pak sao, gua choy, chon choy, pak sao da
3. Low ping choy, pak sao, gua choy, lop sao da, pak sao da
4. Low ping choy, pak sao, guay choy, wedge, pak sao da

GREEN 2 CURRICULUM - KALI / ESKRIMA / SILAT

1. KDM - Lock Flow 2
2. KDM - Cross Block on 2 Drill (Backfist for Backfist)
3. Abecedario - Stage 1: Pass and Hit at Medio Range for Angles 1-5
4. Amarra
 - 4 Count 1/2 Crus
 - 5 Count Full Crus

