



ORANGE 1 CURRICULUM - TAEKWONDO / MUAY THAI

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

ORANGE 1 CURRICULUM - JUN FAN / JEET KUNE DO

1. Off Jab -
 - Single Pak Sao
 - Double Pak Sao
 - Pak Sao to Lop Sao
 - Pak Sao / Wedge / Pak Sao Da

ORANGE 1 CURRICULUM - KALI / ESKRIMA / SILAT

1. Silat
 - Against a Jab - Horizontal Gunting / Trap / Knifehand / Knee / Sapu Dalem
 - Against a Jab - Split Entry / Knee / Sapu Luar
2. Sinawali - Compliments
3. KDM - Lock Flow 1
4. KDM - 5/2 Drill
5. Contra and Sequida against Angles 1-5 at Largo Mano Range

