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## WHITE 1 CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Pattern - Ki-Bon (first half)
2. Taekwondo Combos 1-3
  - High Block / Punch / Front Kick
  - Inner Forearm Block / Backfist / Side Kick
  - Crescent Kick / Side Kick / Knifehand Strike
3. Muay Thai Footwork - Push Step
  - Advancing
  - Retreating
  - Right
  - Left
4. Muay Thai Elbows
5. Muay Thai Combo
  - Jab / Cross / Cover (the rear high hook)
  - Jab / Cross / Cover (the rear body hook)

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## WHITE 1 CURRICULUM - JUN FAN / JEET KUNE DO

1. Single Pak Sao Da
2. Single Lop Sao Da
3. Double Pak Sao Da
4. Pak Sao / Lop Sao Da

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## WHITE 1 CURRICULUM - KALI / ESKRIMA / SILAT

1. Inayan KDM Angles 1-8
2. Inayan Sinawali Angles 1-8
3. Inayan Footwork - Advancing and Retreating
4. Inayan KDM - Hand Drills
  - Parry Parry Check
5. Sinawali 6 Count

