

Stripe #1

Stances

- Neutral
- Fighting Stance
- Everyday (Scenario)
- SPEAR

Strikes (Gross Motor)

- Palm Heel
- Elbows (Front-Side-Behind)
- Headbut
- Rake
- Hammer Fist
- Bite

Close Quarter Strikes

- Throat Strike
- Eye Strike
- Groin Strike

Kicks

- Front Kick
- Low Kick Inside & Outside
- Knees (In Fight - In Thai Clinch - Side Clinch)
- Side Kick
- Push Kick (Teep)
- Defending Against

Stripe #2

Stick Training - Baston

- Basic V Footwork Triangle with Side Step
- Footwork (Left - Right - Forward - Backward)
- 12 Angles Fluid & Broken
- Block Check - Broken Left and Right (Counter)
- Drop Step (Knee Strike)
- Sparring Combo 4 Pattern w/ Sunkite

Stripe #3

Ground Fighting-Dumog

- Side Control Escape/Defend
- Corkscrew Takedown
- Side Tie Up
- Ground Movement
- Tactical Get Up

Empty Hand - Mano

- Dirty Boxing Combo #1
1-2 -Double Elbow Bicep
-3-2-3 (**A Hook)
- Dirty Boxing Combo #2
1-2 -Double Elbow Peck
-3-2-3 (**A Hook)
- Dirty Boxing Combo #3
1-2 -L Upward Elbow & R Horizontal Elbow
-3-2-3 (**A Hook)

Stripe #4

Handgun - Baril

- Gun Body Front - Rear
- Window (Grab)
- Empty Gun Impact Weapon
- Jam Trigger-Hammer-Slide

Knife - Espada y Daga

- Knife Hostage Position
Same Side & Cross
- Vital Template

Joint Locks - Trankada

- Washrag Nikyo - Z Lock
- Sankyo - Center Lock with Quick Entry

Stripe #5

Attendance

Stripe #6

History & Culture Stripe

