

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
- Footwork (Left - Right -  
Forward - Backward)
- 12 Angles Fluid & Broken
- Block Check - Broken Left  
and Right (Counter)
- Abanico & Scorpion
- Sparring Combo H  
Pattern

STRIPE #3

Ground Fighting-Dumog

- Mount - High Mount  
Escape & Defend
- Take Down Single Leg
- Back Fall
- Ground Movement
- Tactical Get Up

Empty Hand - Mano

- Dirty Boxing Combo #1  
1-2 - Head Block - 1-2-3  
(\*\*A Jab)
- Dirty Boxing Combo #2  
1-2 - L Shield - 2-3-2  
(\*\*A Jab)
- Dirty Boxing Comb #3  
1-2 - R Shield - 3-2-3  
(\*\*A Jab)
- Dirty Boxing Combo #4  
1-2 - Catch & Knee 2-3-2  
(\*\*A Jab)

STRIPE #4

Handgun - Baril

- Gun Front to Head
- Gun to Chest
- Strip/Seat/Clear/Chamber
- Stove Pipe Clear
- Positive Negative Grip

Knife - Daga

- Knife Front To Neck  
Sameside - Crossbody
- Vital Template

Joint Locks - Trankada

- Clapping Hand - Pak Sao
- Outside Wrist Lock
- Armbar to Takedown

STRIPE #5

Attendance

STRIPE #6

History & Culture Stripe

