

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

- Rampida
- Roof & Wing Blocks
- 12 Angles Fluid & Broken
- Block Check - Broken Left and Right (Counter)
- Asterisk Footwork (8 Angles)
- Basic V Footwork Shuffle (Triangle)
- Sparring Combo 4 Pattern

STRIPE #3

Ground Fighting-Dumog

- Back Control Escape & Defend
- Rear Naked Choke/Escape & Revive
- Ground Movement
- Tactical Get Up
- Simple Tackle

Empty Hand - Mano

- Dirty Boxing Combo #1
1-2 - L Hook Wrist - 2-3-2 (**A Jab)
- Dirty Boxing Combo #2
1-2 - R Uppercut To Elbow (Roll or Sliding. Right) - 3-2-3 (**A Jab)
- Dirty Boxing Combo #3
1-2 -Arm Wrench 2-3-2 (**A Jab)
- Dirty Boxing Combo #4
1-2 -Slide R & R Hammer To Arm -3-2-3 (**A Jab)

STRIPE #4

Handgun - Baril

- Gun Rear Head (Hostage)
- 4 Direction Disarm (F-S-B-S)
- Gun Head Right Side
- Gun Retention (Grab)

Knife - Daga

- Knife Side Of Throat or Body Same & Cross
- Vital Template
- Cut Check Pass

Joint Locks - Trankada

- Grabbing Hand - Lop Sao
- Nikyo - Z Lock with Takedown

STRIPE #5

Attendance

STRIPE #6

History & Culture