

# Curriculum for DFA Kali **Level 1**

Curriculum for Level 1 (approx. 2-3 months)

## **Footwork**

Forward Triangle - punch, elbow, knee  
Reverse Triangle  
6-Point

## **Kicks**

Front Kick, Side kick and Thai/Shin Kick

## **Offensive Punching**

Jab, Cross, Hook and Uppercut

## **Ground Fighting**

#1 - Guard, Mount, Side mount  
#2 - Reality  
#3 - Maneuvering in the Guard

## **Street Defensive Tactics**

Front Choke  
Rear Choke (rear naked choke & leaning back) (2 options)

## **Single Stick - Long Range**

## **Warm-up**

## **Types of Strikes**

Lobtik = Thru Strike  
Witik = Bounce Back or Broken Strike  
Abiniko = Fan Strike  
Redondo = Circular Strike

## **Hand Positioning**

**9 Strikes** - Impact, Sonkete (thrusting), Punyo (butt end) = 27 strikes

## **Adding Footwork**

**Long Range Blocking** Against 9 Strikes

**Following the Force**  
**Meeting the Force**

## **Blocking Drill #1**