

# Curriculum for DFA Kali **Level 2**

Training Time for Level 2 (approx. 2-3 months)

## **Blocking Punches**

Jab - Slip, Parry

Hook - Cover (high, low), Double Cover, Bob n Weave

## **Knees and Elbows**

Knee Strikes

Elbow Strikes

Elbow Drills

## **Blocking Kicks**

Front - Elbow block, Downward block

Side Kick - Elbow block, Downward block

## **Street Defense Tactics**

Full Nelson

Bear Hug - Front

Bear Hug - Rear

Head Lock - Front

Head Lock - Rear

## **Single Stick - Long Range**

Abecedario (ABC's) - Do with Stepping & Foot MOVEMENT!

1) Drill #1 - Angle 1 and Angle 2

2) Drill #2 - Angle 6 and Angle 7

3) Drill #3 - High, Low, High

4) Drill #4 - Equis (Block and X-strike)

## **Disarms from and Angle #2 (You only need to show 4 disarms)**

1) Snake Wrap Disarm - Left Hand

2) Snake Wrap with Wrist Strike Disarm

3) Snake Wrap Disarm - Right Hand (using the stick)

4) Snake Wrap into Wrist Lock

5) Strip Disarm (grab the gatekeeper)

6) Strip and Strike with Stick Hand

7) Finger Lock

8) Finger Lock