

Curriculum for DFA Kali **Level 3**

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

Blocking Punches

Jab - Shoulder Roll

Hook - **Stop Hit**

Uppercut Block

New Kicks

Thai/Shin Kick

Toe Kick - Regular and Inverted

Heel Kick

Blocking Kicks

Shield Block

Cut Kick

Street Defense Tactics

Ball Bat Attack

Single Handed Chest Grab

Double Handed Chest Grab

Tackle/Single Leg Takedown

Lock Flow #1

Gooseneck, Shoulder Lock, Elbow Lock, Supine Armbar

Double Stick

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

1) Double Stick Abecedario

2) Four count Sinawali (weaving) 2 drills

3) **Heaven**

4) **Standard**

5) **Earth**