

Curriculum for DFA Kali **Level 4**

Training Time for Level 4 (approx. 2-3 months)
Only things shown in **RED** are Mandatory for testing

Hubud

Basic Hubud
Standard Hubud
Applying Locks using Hubud
Hubud Solo Training

Destructions

Arm Wrenching

Passing and Scooping Drills

Dumong – Filipino Wrestling

Arm Drag – Outside
Arm Drag – Inside
Arm Drag – Push/Pull

Empty Hand Applications

Street Application #1
Street Application #2
Street Application #3
Street Applications #4

Lock Flow #2 & Applications

Lock Flow #2
Arm Bar #1
Arm Bar #2
Arm Bar #3
Figure Four & Applications
Bent Arm Shoulder Lock
Cradle & Applications

Single Stick – Middle Range

Blocking Angles 1-4
Blocking Angles 5-8
Snake Disarm – part 1 & 2