

Curriculum for DFA Kali Level 5

Training Time for Level 5 (approx. 2-3 months)

Only things shown in **RED** are Mandatory for testing

Lock Flow #3

- 1) Arm Lock, Knee to chest
- 2) Elbow Lock
- 3) Shoulder Lock
- 4) Rear Hammer Lock
- 5) Rear Choke
- 6) Rear Naked Choke

Sticks - Middle Range

The Abiniko or Fan Strike
Chain Block (Cadena Re-al)
Solo Strikes and Blocks
Putting Power into the Strike
Blocking Variations

Stick Drills

Block and Counter Strike
Blocking and Striking at Full Speed
Block then Abiniko Strike - part 1
Block then Abiniko Strike - part 2
Block, Counter Strike then Punch
Block, Counter Strike then Kick
Block, Counter Strike, Re-counter with Impact Strike
Block, Counter Strike, Re-counter with Punyo Strike

Stick Choke Flow Drill

Stick Chokes - Eight count Flow

- 1) Bent Arm Lock
- 2) Cradle
- 3) Bent arm lock with LH grabbing stick from behind
- 4) Trachea Compression
- 5) Side Choke Compression
- 6) Side Compression into Triangle Choke
- 7) Triangle Choke Stick on Right side of neck
- 8) Head Spin into Triangle Choke

Stick Choke Applications (**You only need to show 2 of these**)

Street Application #1 through #6

(These can be done Empty Hand against Stick or Stick against Stick)