

Curriculum for DFA Kali **Level 6**

Panantukan (Dirty Boxing)

- Panantukan #1 - Parry, block, roundhouse
- Panantukan #2 - Split entry destruction, step to outside, round kick
- Panantukan #3 - Inside destruction, round kick
- Panantukan #4 - Parry, block, elbow, knee strike
- Panantukan #5 - Split entry, elbow, knee strike
- Panantukan #6 - Parry, elbow, elbow, knee strike
- Panantukan #7 - Split entry destruction, elbow, elbow, knee strike
- Panantukan #8 - Inside destruction, scoop, elbow, knee strike
- Panantukan #9 - Parry, elbow, elbow, hack, knee
- Panantukan #10 - Split entry, elbow, elbow, hack, knee
- Panantukan #11 - Fast Hands (3-count entry), hack, kick
- Panantukan #12 - Fast Hands (3-count entry), hack, hack, knee
- Panantukan #13 - Fast Hands (3-count entry), hack, hack, clothesline, kick
- Panantukan #14 - Parry, eye jab, elbow, elbow, knee
- Panantukan #15 - Split entry, hammer fist, elbow, elbow, knee

Panantukan II - Jab/Cross Attack

- Panantukan #1 - Parry, parry, palm strike, kick
- Panantukan #2 - Parry, parry, palm strike, cross, kick
- Panantukan #3 - Parry, parry, palm strike, elbow, kick
- Panantukan #4 - Parry, parry, throat strike, hack, punch, kick
- Panantukan #5 - Parry, parry, cover, palm strike, kick
- Panantukan #6 - Parry, cover, palm, palm strike, punch, kick
- Panantukan #7 - Parry, cover, palm, palm strike, elbow, kick
- Panantukan #8 - Parry, cover, palm, palm strike, elbow, hack
- Panantukan #9 - Parry, cover, palm, palm strike, elbow, hack, elbow
- Panantukan #10 - Parry, cover, palm, palm strike, elbow, hack, elbow, kick

Panantukan III - Jab/Cross Attack working with Focus Pads

- Focus Pad Training #1 - Parry, parry, palm strike, kick
- Focus Pad Training #2 - Parry, parry, palm strike, punch, kick
- Focus Pad Training #3 - Parry, parry, palm strike, elbow, kick
- Focus Pad Training #4 - Parry, parry, throat strike, hack, kick
- Focus Pad Training #5 - Parry, parry, cover, palm strike, punch, kick
- Focus Pad Training #6 - Mix

Dulo Dulo (palm stick)

- Dulo Dulo 1 - 9 angles
- Dulo Dulo - Blocking
- Dulo Dulo - Entries & Destructions
- Dulo Dulo - Block & Strike
- Dulo Dulo - Block and Counter the Stick Attack
- Dulo Dulo - Random Striking and Counters
- Dulo Dulo - Controlled Sparring
- Dulo Dulo - 6-count Flow Drill

Dulo Dulo Fighting Drills

- Street Scenario #1 - Destruction, scoop, crush trachea
- Street Scenario #2 - Destruction, scoop, compress solar plexus
- Street Scenario #3 - Destruction, pass, shoulder lock
- Street Scenario #4 - Punch solar plexus, armlock, takedown
- Street Scenario #5 - Destruction, head spin, strike
- Street Scenario #6 - Bob and weave, groin strike, takedown

Dumog Basics

- Stepping on the Foot
- Control Points
- ArmDrags

Dumog Drills

- Dumog Drill #1 part 1 - Basic hand positions
- Dumog Drill #1 - part 2
- Dumog Drill #2 - Tie-up counters and maneuvers
- Dumog Drill #3 - Play
- Dumog #4 - Tie-Up Drill Flow
- Dumog Drill #5 - Flow Drill

Dumog Fighting Counters

- Dumog Counter #1
- Dumog Counter #2
- Dumog Counter #3
- Dumog Counter #4
- Dumog Counter #5
- Dumog Counter #6
- Dumog Counter #7
- Dumog Counter #8

- Dumog Counter #9
- Dumog Counter #10
- Dumog Counter #11
- Dumog Counter #12
- Dumog Counter #13
- Dumog Counter #14