

INSTRUCTORS TEACHING CURRICULUM BASE TO GRADUATE 2020



BASE	INT1	INT2	ADV1	ADV2
Stance	Sensitivity	Entries JKD / FMA	Trapping 1 to 6 & lock	Numerado classical
Mobility	Trapping	Walk by	Neck breaks	Abanico
Hitting skills	Dumog	Gunting drills	Flow sparring	Largo mano
Bahala Na warm ups	Serrada 1 to 5	Putangin Kapala & reverse	Knife work	Knife sparring
Angles 1 to 12		Numerado non classical	Stick disarming	Stick sparring
		Evasion drill	Sonkete	Sparring JKD
		Serrada 6 to 12	Macabebe	Multiple hits
		Lock & Block		

INSTRUCTORS TEACHING CURRICULUM BASE TO GRADUATE 2020