

## Basics

- 10 Fighting stance
- 10 Horse stance
- 10 Peace breathing
- 10 Inside body movement
- 10 Outside body movement
- 10 Cross step and turn
- 10 Switch
- 10 1/4 turn
- 10 Reverse 1/4 turn
- 10 Short turn
- 10 Long turn
- 9 3/4 turn
- 9 Step out
- 9 Side step turn
- 9 Reverse side step turn
- 9 Side to side
- 9 Hand stands

- 8 Ground fighting stance
- 8 Side stance
- 8 Tension release breathing
- 8 Step forward
- 8 Duck under avoid
- 7 Front stance
- 7 Karate stance
- 7 Back stance
- 7 Meditation
- 7 Kali step out
- 7 Front stance turns
- 4 Turn out
- 3 Quick turn out

## Drills

- 10 Balance drills 1-3
- 10 4 count drill
- 10 Turns down the mat
- 9 Movement drills
- 9 Partner body movements

- 8 Continuous attacks 1/2/3
- 7 Triangle drill

- 6 Sticky hands

- 5 Ki drill

- 4 Fast sticky hands

- 3 Close combat

## Combinations

- 10 1/4 trn/Long trn/ Rev. 1/4 trn / short trn
- 8 1/4 trn/Step out/Rev sd step trn/ 3/4 turn/Step out/Sd step turn/Switch/Step fwd

## Hardening drills

Slow-motion pushups ( narrow, middle,wide) - 4 of each

Sun salutations - 60 seconds total, 10 seconds each

V-up cross toe touches - 20

Grab knee punch the floor - 20

Up and under pushups - 8

## Basics

### White Belt Drill

- 10 10 reps each unless noted
- 10 4 count - Inside body movement
- 10 4 count - Outside body movement
- 10 4 count - Cross step and turn
- 10 Horse stance center middle punch - 100 ( 10 slow, 10 fast )
- 10 6 count drill - inside block with punch
- 10 6 count drill - outside block with punch
- 10 Set of switch
- 10 Set of short turns
- 10 Set of long turn
- 10 Set of 1/4 turns ( and reverse )
- 9 4 count - Side to side
- 9 Set of 3/4 turns ( and reverse )
- 9 Set of side step turn ( and reverse )

### Yellow Belt Drill

- 8 10 reps each unless noted
- 8 Passing partner drills ( open and closed stance, inside and outside movement )
- 8 Sweep drill ( front, side ) - 20
- 8 Partner 6 count drill

### Green Belt Drill

- 6 10 reps each unless noted
- 6 Balance drills 1-3 - 30 secs each Ki drill
- 6 Set of kali step out
- 6 Set of front stance turns
- 6 Set of step out versus front kick
- 6 From closed stance ( stepping hook )
- 6 Duck under drill
- 6 From closed stance front punch
- 6 Inside block / Front punch
- 6 Outside block / Front punch

### Blue Belt Drills

- 4 Turn out drill ( 10 )
- 4 Closed stance, wrists crossed drills. Alternating partners ( 10 each side )
- 4 Circle in -> Front punch
- 4 Pressure -> Circle out -> Front punch
- 4 Inside passing -> Front punch
- 4 Outside passing -> Front punch
- 4 Rear hand outside block -> Front punch
- 4 Rear hand inside block -> Front punch
- 4 Drills from closed stance front punch, single partner at a time ( 10 each side )
- 4 Inside catch -> Front punch
- 4 Outside catch -> Front punch
- 4 Inside passing block -> Front punch
- 4 Outside passing block -> Front Punch
- 4 Rear hand inside block -> Front punch
- 4 Rear hand outside block -> Front punch

### Red Belt Drills

- 2 Front knee -> X Block (10)
- 2 Hook -> Roof Block (10)
- 2 Open Stance 4 Count Hook -> Roof Block (10)
- 2 Hook -> Roof Block -> Back Fist -> Inside Block (10)
- 2 Hook -> Roof Block -> Inside Elbow -> Front Leg Front knee (10)
- 2 Hook -> Roof Block -> Front Punch -> Inside Elbow -> Front Leg Front Knee (10)

## Defense

### Situations

- 10 Straight
- 10 Cross
- 10 Reverse straight
- 9 Two hands on one
- 9 Front shoulder
- 9 Throat grab
- 8 Double hands
- 8 Side shoulder
- 8 Rear shoulder
- 7 Shoulder push
- 7 Double shoulder push
- 7 Rear double shoulder push
- 6 Bear hug with free arms
- 6 Bear hug with trapped arms
- 6 Rear bear hug with free arms
- 6 Rear bear hug with trapped arms
- 5 Collar/lapel
- 5 Double collar/lapel
- 5 Rear collar/lapel
- 5 Belt
- 4 Hair
- 4 Front double hand choke
- 4 Throat grab from behind
- 4 Side headlock
- 3 Knife to throat
- 3 Knife with belt grab
- 3 Rear knife to kidney
- 2 Punch while back against wall
- 2 Prostrate against wall
- 1 Rear knife to throat
- 1 Prone knife to throat
- 1 Knife to throat, against wall
- T Gun in face
- T Gun in stomach
- T Gun in back of head
- 1D Seated knife defense
- 1D Seated gun defense
- 1D Multiple attackers
- 1D Full Nelson

### Drills

- 10 Partner drill
- 10 Knees to groin
- 9 Partner drill moving
- 9 Handsup-Outside Body Movement
- 8 Kick defense
- 8 Punch defense
- 7 Choke defense
- 7 Bull in the ring
- 6 Hands-up inside Body movement?
- 6 Pinned against a wall
- 5 Zombie drill
- 5 Stick defense
- 4 Seated
- 3 2 on 1 grabs
- 3 Knife defense
- 2 Breaking up a fight
- 2 Against wall
- 1 Defending a third party
- 1 Prone knife defense
- T Gun defense
- 1D 2 on 1 sparring
- 8 weaving/dodging
- 7 hold opp as shield
- ? defense against tackle
- ? defnse against chasers
- ? after attacks of hands up and outs body movements

### close combat defenses

- half moon knees to ribs
- side elbos
- ins elbos
- shoulder strikes to nose/face

## Falls Rolls Throws

Throws	Drills
10 Hip roll	10 Fish drill
10 Single leg takedown	9 Seven count drill
9 Double leg takedown	8 Partner falling drill
9 Knee wheel	8 Rollout takedowns
8 Major outer reap	8 Stepping throws
8 Minor outer reap	7 Sweep drill
8 Major inner reap	7 Loading drill
8 Minor inner reap	7 Throws from punch
7 One arm shoulder	7 Partner shoulder push to fall
7 Two arm shoulder	6 Randori
7 Head and arm	6 Positional throws
7 Hip whip	6 Partner flipping drill
6 Front knee down	5 Clock falls
6 Side knee down	5 Rolling with weapons
6 Ankle pick	5 Rolls through a window
6 Baby carry	4 Clock rolls
5 Front trip	4 Partner should pull to fall
5 Back trip	4 Rolling to pick up items
5 Leg wheel	3 Throws in grappling
5 Hip sweep	3 Throws from kick
4 Forward carryover	2 Partner feet pull to fall
4 Side carryover	1 Confined randori (in a box)
4 Scissors	1D Throws with foot placed
3 Forward pendulum	<b>Falls and Rolls</b>
3 Side pendulum	10 Front fall (kneeling)
3 Back pendulum	10 Side fall (squatting)
2 Side drop trip	10 Front roll(squatting)
2 Back drop trip	10 Front rollout (kneeling)
2 Front drop trip	10 Back roll out
1 Front leg drop	9 Back fall ( squatting rock back)
1 Side leg drop	9 Side fall (standing)
1 Back leg drop	9 Front fall (standing)
1 Ground fighting ankle pick	9 Front roll (standing)
1 Fireman's	9 Front rollout (standing)
T Inside fireman's	8 Back fall (standing rock back)
T Pull down carry over	8 Kick out front fall
T Floating hip	8 Back roll
T Back of knee step down	8 Diving roll out
T Double shoulder pull down	8 Diving front roll
1D Hip wheel	7 Handstand front roll
1D Forward sweep	7 Side roll
1D Side sweep	7 Side flip partner version (over person, partner forearm)
1D Front reap	6 Side flip (simple wrist, self)
1D Spring hip	6 Kick out side fall
1D lift pull side sweep	6 Judo roll
1D Forward shoulder	5 Kick out back fall
1D lift and drop	5 German bridge
<b>Combinations/Counters</b>	4 Front flip
7 Braced hip/switch	4 Barrel flip
<b>Variants</b>	3 Jumping back fall
5 Jujitsu version judo throws	3 Jumping side fall
	3 Leaping front fall
	2 Raised back fall
	2 Raised front fall
	2 Raised side fall
	1 Jump back rollout

## Ground Fighting

### Moves

10	Head and arm	
10	Scarf hold	
10	Mount	
10	Guard	
10	Table Roll	1 Saturday night ride
10	Knee Roll	1 Fist lever choke
10	Push back	1 Ankle lock
10	Knee push and shoulder pull	1 Cross ankle scissors
9	Shrimp/leg hook	1 Figure 4 choke
9	Shuck	T Scissors choke
9	Head pressure and twist	T Naked strangles
9	Duck under	T
9	Head hook	T Triangle strangles
9	Side Mount	<b>Drills</b>
9	Waist/ankle 1	10 White area wrestling
9	Sit Back (waist ankle 1 defense)	10 Spin drills
9	Waist/ankle 2	10 Fish drill
9	Knee spread (waist ankle 2 def)	10 Kneeling body movements
9	Waist ankle 3	10 Kneeling 4 count drills
9	Switch	10 Kneeling 1/4 and reverse 1/4 turns
8	Cross knee arm bar(mount)	10 Knee roll drill
8	Sit out	9 Waist/ankle switching drill
8	Lapel choke & escape	8 Gray area wrestling
8	1/4 Nelson	8 Kneeling side step out
8	1/2 Nelson	7 Bull in the ring wrestling
8	Reverse 1/2 Nelson	6 1 min win
8	Power 1/2 Nelson	3 30 sec win
8	3/4 Nelson	2 Black area wrestling
7	Crab ride	2 Wrestling with knives
7	Spiral Ride	1 Wrestling for life
7	T-shoulder lock	T 20 sec win
7	Crucifix	1D 10 sec win
7	Collar choke & escape	1D 2 on 1 wrestling
7&8	Locks from mounts	
6	Hip arm bar	
6	Cradle	
6	Bridge/Elevator	
6	Cross body ride	
6	Preacher	
6	Upper mount	
6	Double hand trap	
5	Escapes from mounts	
5	Sleeve choke & Escape	
5	Inside fireman's	
5	Side bridge	
5	Waist ankle from standing near opp	
4	Arm pick drive	
4	Chicken wing	
4	One arm shoulder	
4	Full Nelson	
3	Guillotine	
3	Japanese whizzer	
3	Side facing	
3	Switch	
3	Peterson	
2	Blood chokes	
2	Guard with knife	
2	Leg scoop	
2	Leg lock	
2	Knee lock	

## Kicks

- 10 Front
- 10 Roundhouse
- 10 Side
- 10 Halfmoon
- 10 Twist
- 10 Backside
- 10 Backward
  - 9 Inside Crescent
  - 9 Outside Crescent
  - 9 Back Crescent
- 9 Inside Axe
- 9 Outside axe
- 9 Back axe
- 9 Twist axe
- 8 Front spin
- 8 Back spin
- 8 Spinning backside
- 8 Side hook
- 8 Front hook
- 8 Twist hook
- 7 Back hook
- 7 Backspin hook
- 7 Front stomp
- 7 Inside stomp
- 7 Swoop
- 6 Drop Back spin
- 6 Drop Back Side
- 6 Drop Round House
- 1 Thunder
- 1 Tornado
- T Flying front knee
- T Flying round knee

## Combinations

- 9 Roundhouse/hook
- 8 Side/Backside
- 6 Inside skip Outside crescent
- 6 Inside/outside/back crescent
- 3 Roundhouse/Back spin
- 1 Front spin/ Back spin/ Drop back spin / Jump back spin
- 1D Front/ Flipping side
- 1D Front/ Flipping roundhouse

## Kicking Styles

- 10 Back Leg
- 9 Front Leg
- 8 Skipping/sliding
- 7 Static
- 6 Walking
- 5 Stepping
- 4 Ground Fighting
- 3 Flipping
- 2 Chambered
- 1 Jump, Switch, Double Jump
- T Flying
- 1D Bounce Same
- 1D Bounce Opposite
- 2D Squat Jump
- 2D Foot Placed Jump
- 2D Continuous
- 2D Heel

## Kicks

### Kick Drills

- 10 Kick / punch / punch
- 10 Slow motion kicks
- 10 Kicks in place
- 10 Kicks down the mat (marching)
  - 9 Kick death
  - 9 Kicks over cube (Front, RH, Side)
  - 9 Focus pads (two of them/ random places)
  - 9 4-D linear pad kicks (static, moving)
  - 9 Two bags
- 8 First kick
- 8 Kick defense
- 8 One steps
- 7 Surrounded by bags (crucible)
- 7 Kicks while grabbed
- 7 Kicks pairs/triads
- 6 Two steps
- 6 Kick only sparring
- 6 Taekwondo sparring
- 5 Three steps
- 5 Kicking the box
- 4 Kicks while seated
- 3 Group fighting kicks
- 2 Hapkido sparring
- 2 Close combat kicks (complex drill)
- 1 Kicks while ground fighting
- T Kicks from flips
- 1D 2 on 1 sparring

### Std Combinations

- Front, RH, Side
- Hm, Tw, Bksd
- ins,outs,bkcrescent
- Ins, out, Bkaxe
- spbkside,side, bkside
- Ins axe, twist, RH
- bkcres, bkside, bkspin*
- frontspin,baksp,bkhk
- Front, Back, InStomp
- O.Axe, Bkaxe, HM
- twisthook,hook,swoop
- Twaxe,RH,bksphook
- Front stomp, front hook,I.Axe
- 4 directions kicks

Kneeup-stepearoundfront-bkcres

### **Straight Grip (wrist)**

- 10 Simple wrist (outside)
- 10 Cutting wrist (inside)
- 10 Arm bar (swat the fly)
- 10 Rolling shoulder (step in)
- 10 Head rotation (t-rex)
- 9 Draw the sword
- 9 Shoulder whip
- 9 Chicken wing
- 9 Rising shoulder
- 9 Shoulder pull down

### **Cross grip (wrist,elbow,shoulder)**

- 8 Simple wrist (step in front stance)
- 8 Cutting wrist (double hand)
- 8 Arm bar (over the shoulder)
- 8 Rolling shoulder (cross step turn)
- 8 Head rotation (thread the needle)

### **Cross grip (Wrist)**

- 7 Thread the needle
- 7 Baseball
- 7 Police takedown
- 7 Archer
- 7 Behind the back wristlock

### **Double hands (wrist,elbow,shoulder)**

- 6 Simple wrist (hand trap)
- 6 Cutting wrist (double cutting)
- 6 Arm bar (step in lock under/ over)
- 6 Rolling shoulder (step in)
- 6 Head rotation (double inside)

### **Double hand (wrist)**

- 5 Inside & Outside wrist
- 5 Simple to falling shoulder
- 5 X- step and turn arm bar
- 5 X shoulder throw
- 5 4 fingers

### **2 on 1 (wrist/elbow, elbow/shoulder, shoulder/neck)**

- 4 Simple wrist
- 4 Cutting wrist
- 4 Arm bar
- 4 Rolling shoulder
- 4 Head rotation

### **2 on 1 (wrist/elbow)**

- 3 Double arm bar
- 3 Helicopter
- 3 Belt chin throw
- 3 Tiger mouth arm bar
- 3 Compression wristlock

### **Side grip (wrist,elbow,shoulder)**

- 2 Simple wrist
- 2 Cutting wrist
- 2 Arm bar
- 2 Rolling shoulder
- 2 Head rotation

### **Side grip (wrist)**

- 1 Thumb lock
- 1 Buddy arm bar
- 1 Inside archer
- 1 Step back wristlock-chicken wing
- 1 Rollup shoulder

## **Locks**

### **Behind grip (wrist,elbow,shoulder)**

- T Simple wrist
- T Cutting wrist
- T Arm bar
- T Rolling shoulder
- T Head rotation
- T Behind Grip(wrist)
- T Guillotine
- T Baseball
- T Wrist hyperextension
- T Draw the sword
- T Back drop knee
- 1D Simple wrist to ankle piss(ss)
- 1D Arm to hurdlers (all)
- 1D Inside S (cw)
- 1D Duck under baseball (ss)
- 1D Turn in cross-shoulder arm bar (ss)
- 1D Major outer neck reap (ce)
- 1D Outside arm break to rolling shoulder (ce)
- 1D Flat wristlock (sw)
- 1D Step in, fwd pendulum throw (dh)
- 1D Major outer reap to cradle (dh)

### **Drills**

- 10 Static grabs
- 9 Grab and lock
- 8 Grab and lock clenched fist
- 8 Grab and lock fist near shoulder
- 8 Shaking hands
- 7 Grab and lock from crossed arms
- 7 From punch
- 7 Sticky hands
- 6 Kneeling
- 6 Sitting
- 5 Against wall
- 4 Come-along
- 4 Counters
- 3 Hold downs
- 3 Controls
- 2 Low power
- 1 Continuous
- 1 Flowing locks
- 1D Multiple opponents

### **Combinations**

Arm bar/Rolling shoulder

Cutting/Simple wrist lock

### **Arm bars**

Swat the fly

Over the shoulder

Step in lock under or over

Cross-step and turn single hand

Cross-step and turn double hand

Armpit arm bar

Forearm arm bar

## Strikes and Blocks

### Strikes

- 10 Front punch (L)
- 10 Reverse punch (R)
- 10 Hook (L)
- 10 Upper cut (R)
- 9 Palm heel (L)
- 9 Front elbow (R)
- 9 Front knee
- 9 White belt strike combo
- 8 Back fist (L)
- 8 Hammer fist (R)
- 8 Slap (L)
- 7 Inside elbow (R)
- 7 Outside elbow (R)
- 7 Back elbow (R)
- 7 Yellow belt strike combo
- 6 Hook (L)
- 6 Knife hand (L)
- 6 Ridge hand (R)
- 5 Corner palm heel (L)
- 5 Sickle hand (R)
- 5 Shoulder (R)
- 5 Green belt strike combo
- 4 Forearm - outside (R)
- 4 Cupped hand (L)
- 4 Head butt
- 4 Round knee (L)
- 3 Upward elbow (R)
- 3 Downward elbow (R)
- 3 Spear elbow (R)
- 3 Blue belt strike combo
- 2 Back fist (R)
- 2 Spinning back fist (L)
- 2 Spinning back elbow (R)
- 1 Wrist back (R)
- 1 Inside wrist (R)
- 1 Forearm - inside (L)
- 1 Red belt strike combo
- T Finger palm heel
- T Knuckle punch
- T Phoenix eye
- T Spear knuckle
- 1D Tiger claw
- 1D Braced thumb
- 1D Tiger mouth
- 1D Flipping downward back fist
- 1D Thumb eye gouge
- 1D Finger hook
- 1D Inside knee
- 1D Outside knee
- 1D Braced front elbow
- 1D Side head butt
- 1D Jump spear knee
- Combinations**
- 10 Front, reverse, front kick
- 10 Front kick, reverse, front
- 10 High/middle/low punches
- 10 Center middle punches (1, 2, 3, 10)
- 9 Palm heel/front elbow (same arm)
- 6 Double knife hand
- 6 Double outside ridge hand

### Re-grab and Strike

- 10 Swatting the fly/Front punch
- 10 Simple wrist/Reverse punch
- 10 Cutting wrist /Hook
- 10 Head rotation/Upper cut
- 9 Shoulder whip/Palm heel
- 9 Draw the sword/Front elbow
- 9 Rising shoulder/Front knee
- 8 Cutting wrist/Back fist
- 8 Simple wrist/Hammer fist
- 8 Rolling shoulder/Slap
- 7 Thread the needle/Inside elbow
- 7 Archer/Outside elbow
- 7 Baseball/Back elbow
- 6 Rolling shoulder/Hook
- 6 Simple wrist/Knife hand
- 6 Cutting wrist/Ridge hand
- 5 Inside & Outside wrist/Corner palm heel
- 5 4 finger/sickle hand
- 5 X - step and turn A.B./Shoulder
- 4 Cutting wrist/Forearm - outside
- 4 Arm bar/Cupped hand
- 4 Head rotation/Head butt
- 4 Simple wrist/Round knee
- 3 Belt chin throw/Upward elbow
- 3 Double A.B./Downward elbow
- 3 Tiger mouth A.B./Spear elbow
- 2 Simple wrist/Back fist
- 2 Cutting wrist/Spinning back fist
- 2 Arm bar/Spinning back elbow
- 1 Outside archer/Wrist back
- 1 Buddy arm bar/Inside wrist
- 1 Rollup shoulder /Inside forearm
- T Baseball/Fingertip palm heel
- T Rolling shoulder/Knuckle punch
- T Cutting wrist/Phoenix eye
- T Head rotation/Spear knuckle

### Blocks

- 10 Inside
- 10 Outside
- 9 Upward
- 9 Downward
- 8 Slip
- 8 Passing
- 7 Elbow scoop
- 7 Rolling
- 6 Inside hook
- 6 Inside block/punch
- 6 Outside block/punch
- 5 Shoulder turn out
- 5 Roof back (close combat block)
- 5 Downward X (upward knee block)
- 4 Catch
- 4 Pull Punch
- 3 Trapping - self
- 3 Trapping - opponent
- 2 Breaking
- 2 Joint lock from block
- 1 Duck and avoid
- 1 Fade
- T Leg jam
- T Swoop

## Strikes (Cont'd)

### Drills

- 10 Six count drill (90 degrees/45 degrees/5 degrees)
- 10 Block hand pad "punch" / counter punch other hand pad (set)
- 10 Kick/punch/punch
- 10 Strikes down the mat (marching)
  - 9 Partner six count drill
  - 9 Strike death
  - 9 Focus pads (two of them / random places)
  - 9 Two bags ( front/front/reverse/reverse)
- 8 One steps
- 8 Punch defense
- 8 First strike
- 7 Surrounded by bags (crucible)
- 7 Strikes while grabbed
- 7 Punch only sparring
- 6 Two steps
- 6 Taekwondo sparring
- 6 Duck under avoid drill
- 5 Three steps
- 5 Jab to head, counter jab
- 5 Strikes to the box
- 4 Strikes while seated
- 3 Group fighting strikes
- 3 Close combat strike ( complex dr.)
- 2 Hapkido sparring
- 1 Strikes while ground fighting
- 1D 2 on 1 sparring



## Weapons

### Weapon

- 10 Numchuks
- 8 Short stick
- 7 Stick
- 6 Stick (soft techniques)
- 5 Double stick
- 4 Double stick
- 3 Jo
- 1 Knife
- 1D Bo
- 1D Spear
- Drills**
- 10 8 directional
- 8 100 count speed drill
- 7 Control using short stick
- 7 Locks using short stick
- 7 Pulling/pushing with short stick
- 7 11 count stick drill
- 7 Partner stick blocks
- 7 Rolls with weapons
- 6 Evasion drill
- 6 Stick defense
- 6 Stick retention
- 5 Control using stick
- 5 Locks using stick
- 4 Rolls picking up weapons
- 4 Double stick 11 count stick drill
- 4 Partner double stick blocks
- 3 Knife defense
- 2 Staff circle drills
- 2 Staff thrust drills
- 1 9 count knife drill
- T Knife retention
- T Gun defense
- T Wrestling with knives
- 1D Staff circle drills
- 1D Staff thrust drills
- 1D Spear drills
- Numchuks**
- 10 Safety, check strings/chains/dry hands
- 10 Normal/reverse grips
- 10 Outside spin(both grips)
- 10 Inside spin(normal only)
- 10 change directions/hands
- 10 regular catch/trap
- 10 triangle strike (1 only)
- 9 Switching grips (Vertical/Horizontal)
- 9 Side to side
- 9 Horizontal (both grips)
- 9 armpit catch (over/under sh)
- 9 switching hands behind back
- 9 Shantanu strike
- 9 3,4 strikes
- 9 namchuk followed by kicks
- 9 hit retrieval drill in air
- 8 kick, namchuk,kick
- 8 strike, namchum, kick
- 8 hitting pads/hard surfaces

### Stick

- 7 Forehand 45
- 7 Backhand 45
- 7 Forehand 90
- 7 Backhand 90
- 7 Underhand thrust
- 7 Overhand thrust
- 7 Inverted underhand thrust
- 6 Forehand 75-90 upward
- 6 Backhand 75-90 upward
- 6 Forehand downward wrist flip to collar bone
- 6 Backhand downward wrist flip to collar bone
- 6 Stick Drills
- 6 11 count stick drill
- 6 Abanico to head/reverse
- 6 4-count abanicos (R,L,U,D)
- 7 Block #1/ attack #1
- 7 Block #2/ attack #2
- 6 Static to temple
- 6 Static to nose
- 6 Static to groin
- 6 Moulinet to nose
- 5 Throat strikes (inside, outside)
- 5 Punyo to ribs/neck/temple
- 5 Reverse punyo to throat
- 5 Punch/abanico
- 5 Double hand stick (chest, throat)
- 5 Witiks (inside, outside, up, down)
- 5 Zero distance strikes (#1, #2)
- 5 Zero distance #1/ Abanico/ #1
- 5 Outside witik/#2

### Attacks

- Stick 1-4, 8-9
- 1,3,1,2;
- 1,4,1,2;
- 4,1,4,1;
- Front punch to wrist flip
- Circling punch to wrist stick 3

### Double Stick

- Single person warm up
- Figure 8 pattern
- R3/L3 to R4/L4 cross-up
- L4/R1/Abanico forward
- L4/R1/Abanico back
- R4/L1/Abanico forward
- R4/L1/Abanico back
- Rolling with sticks
- R3/L4 and L3/R4 continuous
- Partner warm up
- R1 to R2(low), L1 to L2 (low)
- Fencing parry drill (4 count)
- Techniques
- Disarms from thrusts
- Disarms from L3/R3 or L1/R1
- Engage opponent for knee/elbow/head-butt
- Weapon-related throws (rolling shoulder, rising shoulder, head

## Weapons (Cont'd)

### Short stick use

Hooking (head, arm)

### Blocks

High, outside

### Short Stick

Grips

Stick

Knife

Finger pop

Wrist and fingers (#10)

Arm swing (#1)

Arm, wrist and fingers

Front punch with wrist and pop

Abanicos

Open hand to wrist / finger pop

Thrusts (zyphoid, throat, eyes)

Punyo (throat, eyes)

Hammer fist with punyo

Witiks (temple, neck, ribs, chin)

Ice picks

Recoveries

Outside/over the top

Inside/ over the top

Outside/ underneath

Inside/ underneath

Punch Defense

Wrist pop to end of thrust

Knuckles/Outside of arm/Inside of arm

Block on inside/360 to downward arm break

### Knife

Grips

Forward

Hammer

Reverse

Ice pick

9 count knife drill

Thrust (sternum, eye, throat)

Cut throat (inside, outside)

Circle/ cut throat (inside, outside)

Circle/cut arm/cut throat (inside, outside)

Thrust / cut throat (inside, outside)

Cut leg/ cut throat (inside, outside)

C cuts (cw, ccw)

Side thrust (kidney, armpit, neck)

Backhand throat cut/ thrust (clavicle, neck)

Other Knife attacks

Commando kill

### Jo Only

#### Sword drills (continuous)

#1/ behind back

#2/ behind back

#3 to side of head / behind back

#4 to side of head/ behind back

#### Figure 8 twirls into:

Sword #1 (front hand reversed)

Sword #2 (front hand normal)

Sword #3 (front hand reversed)

Sword #4 (front hand normal)

Axe hits #1, #2, #3, #4

### Jo and Bo

Warm up

Finger rolls

Roll over wrist and back

Roll over wrist/ thumb (continuous)

Palm spins

Simple reverse direction using hips, ribs and arms

Figure 8/roll up to cross shoulder

Figure 8/roll up to cross shoulder/ grab with opposite hand

Bounce hip/spin 360 over head/ switch hands/ bounce hip

Behind back hand switch / 450 spin in front/behind back hand

Side to side staff spinning, switching hand at will, both static

Basics

1 foot circles

6 foot circles

Flat circles(1-3 feet)

Thrusts ( zyphoid, throat, eye)

Moving C hits (same side fwd)

Head/transport/head

Head/leg/head/transport/head/leg/head

Moving axe hits(switch sides)

Head/opp head

Head/leg/opp. Head/opp.leg

Other marching drills

Step forward/groin/turn forward/ spear thrust

Step back/ groin/ turn back/ spear thrust

Low thrust/ Step/ Axe to head/ low thrust/ step/ axe to groin - BOB drills

4 corner axe hits (head/head/ribs/ribs)

Step forward axe/step back axe (top of head, neck, side of

Spear thrust sternum/ spear thrust throat/head/opp.head

Spear thrust (throat)/step forward/upward axe (chin)/turn/

Post thrust/ head

Head/ Thrust

Static C hits (dominant stance)

Head/transport/head

Head/leg/head/transport/head/leg/head

Head/leg/inward transport/head/leg

Head/leg/axe as transport/head/leg

Bounce circles

Head/low transport/head