



WARRIOR

KRAV MAGA ★ KICK BOXING ★ KALI

DEFENSE ★ FITNESS

KALI

Level I SS Certification

property of...



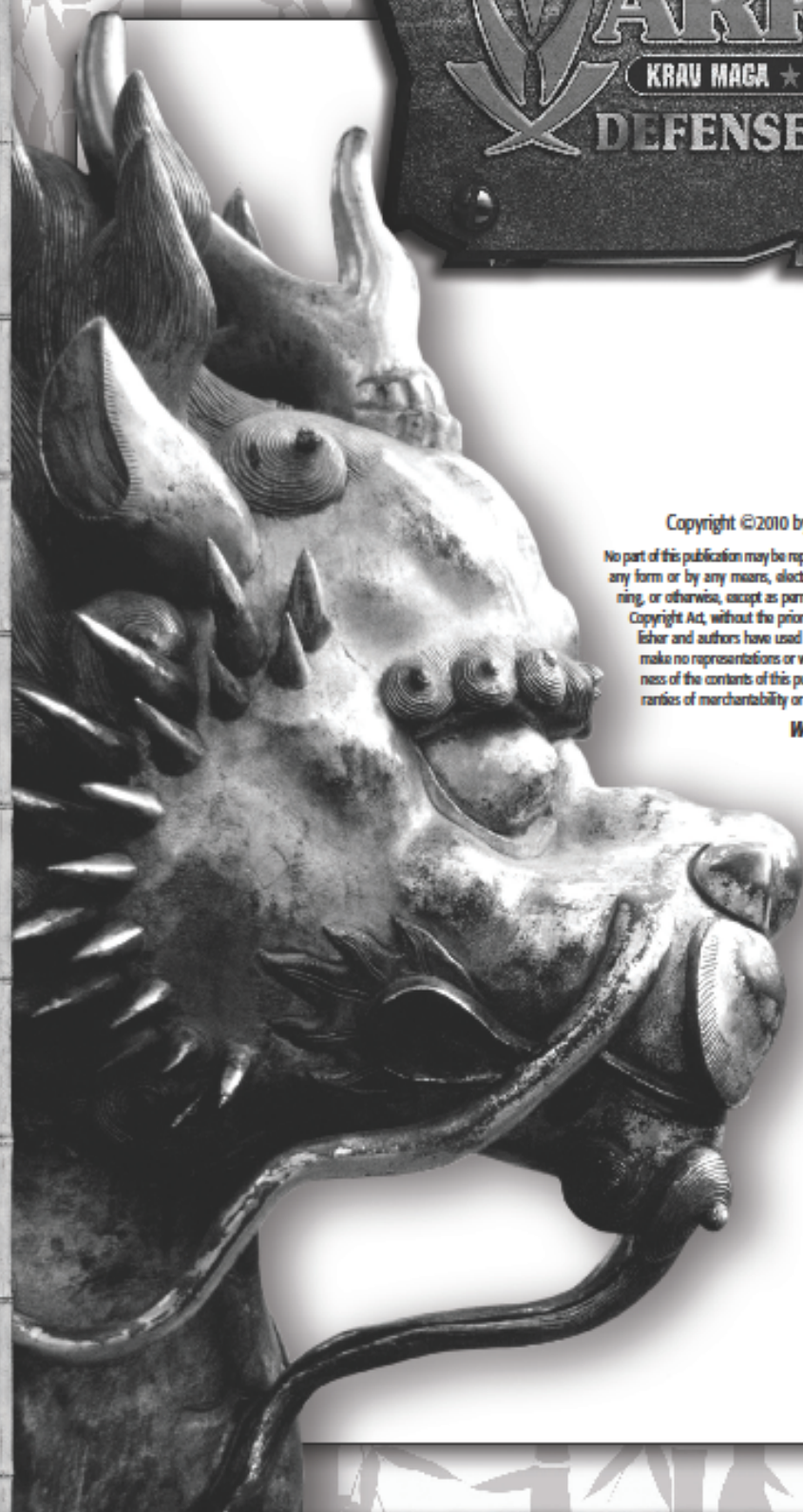
Certification in the Warrior Program denotes a knowledge of the curriculum and completion of the program. It does not necessarily guarantee that any one individual is fully qualified to instruct or indicate the character of that person to teach. Any one instructor's ability to instruct said class is at the sole discretion of the individual school owner.



WARRIOR

KRAU MAGA ★ KICK BOXING ★ KALI

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Warrior Publishing

1400 Millcoie Rd., Jacksonville, FL 32225

Printed in the United States of America

Patent Pending



The History Of Kali

Kali is the indigenous fighting art of the Philippines. With its Cultural and philosophical values its history traces back more than 1500 to 2000 years in the past.

You might have seen Kali featured on the History Channel's hit show, "Human Weapon," or the Discovery Channel's "Fight Quest." Kali is a very complete martial art, utilizing weapons, empty hands, kicking, striking, and ground fighting. Filipino history has seen the practice of Kali help defend against invaders. It has seen its effectiveness in knife and machete fights over disagreements amongst its people. The art has even been disseminated and practiced by a variety of Special Forces units worldwide.

If you want to know how to use weapons to protect yourself and devastate an opponent, Kali is a very efficient way to go.

Kali is a martial arts style that focuses on the ability to transition from fighting with weapons to empty hands fluidly, as there is always the possibility of losing or being without a weapon.

Kali practitioners believe that hand-to-hand combat moves are similar to those with weapons; thus, these skills are developed concurrently. Some of the popular combinations of weapons used are the single stick double stick, stick and dagger. Along with this, the most frequently used training weapon is the rattan stick, a stick about the length of its wielder's arm.

Kali practitioners are known for their lightning-fast movements and efficient footwork in wielding weapons.

WARRIOR KALI



Introduction to Kali for kids:

K4K: Educates using a traditional approach to create quality leaders for modern times.

K4K: Teaches an art for modern times covering all areas of self defense

K4K: Teach to learn, learn to teach, this teaching method will give your child the formula for success to apply to all areas of their lives.

K4K: is not designed to take the place of the core art that you teach but only to compliment it

Benefits of implementing kali for kids into your school

- Rotating curriculum makes the process of teaching much easier and less stressful
- Systemized curriculum makes it easier to train and develop other instructors
- Online curriculum access

Curriculum Implementation

Instructors will be provided with the necessary tools to easily implement our curriculum.

Daily lesson plans will provide a structure for instructors to follow in the pragmatic application of the curriculum. These easy to follow lesson plans, in conjunction with the training provided by the Kali 4 kids teacher certification, will allow school owners to introduce this new curriculum as a stand- alone program or as a compliment to their existing one. These structured documents will also aid in training junior instructors in supporting the Certified Instructor.

KALI4KIDS CERTIFICATION

Upon completing the Kali4kids certification you will be able to

- Implement the program at your existing location
- Teach the first level of the double stick curriculum
- Test your own students

WARRIOR KALI



Kali Single Stick

Lesson 1

BEGINNER CLASS

Salutation:

SHORT: "Gumagalang Magmula sa Puso"

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up)	10x
2 counts exercise (Sit up)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up &Down and Lateral (from one end to the other)	3x

HISTORY

Brief History of Kali

Terminology: 1-2-3-4-5, Handa-Ready, Umpisa-Start, and Hinto-Stop

FOOTWORK

Triangle	Right	Left
1. Open 2. Closed	10x	10x
* repeat the right & left/forward & backward as often as needed*		

BASIC STRIKES

In the art of KALI, majority of our first strikes are fake- to set up Counter Offense (CO) – (RCO)

	Right	Left
Broken	10x	10x
Fluid	10x	10x

COMBINATIONS TECHNIQUES

Striking with Footwork: Using open Triangle & moving both hands based on dbl weapons

	Right	Left
Fluid Strike (alternate hand)	10x	10x
Broken (Vertical)	10x	10x

*Broken strike are often use as a fake strike to set up for counter offense.

WARRIOR KALI



Kali Single Stick Continued

DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)

4

5

(L mid)

(R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R)

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – 30 seconds on the Bag as many times as they can hit the bags.

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #2

WARRIOR KALI



Kali Single Stick Continued

Lesson 2

BEGINNER CLASS

Repeat Lesson #1

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up)	10x
2 counts exercise (Sit up)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up &Down and Lateral (from one end to the other)	3x

HISTORY & TERMINOLOGY

Brief History of Kali- The footwork is hidden in the native dance and the sticks are use to

Improve the empty hand.

Terminology: 1-2-3-4-5, Handa-Ready, Umpisa-Start, and Hinto-Stop

FOOTWORK

ADD:	Right	Left
4/8 directional footwork	10x	10x
* repeat the right & left/forward & backward as often as needed*		

BASIC STRIKES

ADD: Walking forward	Right	Left
Fluid	10x	10x

COMBINATIONS TECHNIQUES

Striking with Footwork: Using open Triangle and moving both hands based on dbl weapons

	Right	Left
Fluid Strike (alternate hand)	10x	10x
Broken (Vertical)	10x	10x

*Broken strike are often use as a fake strike to set up for counter offense.

WARRIOR KALI



Kali Single Stick Cont.

DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)
4 5
(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R)

ADD: Footwork with all 5 loading positions.

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Race to the bag doing broken strike 10x, 15x and 20x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #3

WARRIOR KALI



Kali Single Stick Cont.

LESSON #3

BEGINNER CLASS

Repeat Lesson #2

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up)	10x
2 counts exercise (Sit up)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali- Philippines is one of the countries in Asia that does not bow because of

Datu Lapu-Lapu. He said to King Philippe- "I bow to no King" and he is also the hero that

Used the art of Kali against the Spaniards.

Terminology: 1,2, 3,4,5,6,&7 Handa-Ready, Umpisa-Start, and Hinto-Stop

FOOTWORK

ADD:	Right	Left
8/8 directional footwork	10x	10x

BASIC STRIKES

ADD:	Right	Left
Fluid & Broken	10x	10x

COMBINATIONS TECHNIQUES

ADD: Angle <1 and Angle <2		
Fluid Strike (Right hand)	10x	10x
Broken (Vertical, angle <1, & angle <2)	10x	10x
*Broken strike are often use as a fake strike to set up for counter offense.		

WARRIOR KALI



Kali Single Stick Cont.

DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)

4 5

(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R)

ADD: Broken strike and Loading positions.

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Squat- roll back and stand up with stick on hands 10x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #4

WARRIOR KALI



Kali Single Stick Cont.

LESSON #4

BEGINNER CLASS

Repeat Lesson #3

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up)	10x
2 counts exercise (Sit up)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

Terminology: 1,2,3,4,5,6,7,8,9,10 Handa-Ready, Umpisa-Start, and Hinto-Stop

FOOTWORK

ADD:	Right	Left
8/8 directional footwork	10x	10x
X footwork = two close triangle facing each other		

BASIC STRIKES

ADD:	Right	Left
Broken-Fluid and reversed strike together	10x	10x

COMBINATIONS TECHNIQUES

ADD: Angle <1 and Angle <2		
Fluid Strike (Right hand)	10x	10x
Broken (Vertical, angle <1, & angle <2)	10x	10x
*Broken strike are often use as a fake strike to set up for counter offense.		

WARRIOR KALI



Kali Single Stick Cont.

DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)

4

5

(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R)

ADD: Broken strike and Loading positions.

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Squat- rolls back and stands up with stick on hands 10x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #5

WARRIOR KALI



Kali Single Stick Cont.

LESSON #5

BEGINNER CLASS

Repeat Lesson #4

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction) 10sec

2 counts exercise (Push up, sit up, & squat)

10x

ADD: Drumming (low-Middle-High) 10x

Circular rotation of Joints (Head-Toe) 5x

Side bends (with stick) 5x

Gripping: Up & Down and Lateral (from one end to the other) 3x

Forward & Backward Bend (with stick) 5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali- Lineage of Pekiti Tirsia Kali- GT Leo Gaje Jr –Mandala Apolo Ladra

Terminology: 1, 2,3,4,5,6,7,8,9,10 Handa-Ready, Umpisa-Start, and Hinto-Stop
Opo, Hindi Po

FOOTWORK

ADD: Diamond footwork Right Left
8/8 directional footwork 10x 10x

X footwork = two close triangle facing each other

BASIC STRIKES

ADD: Right Left
Broken-Fluid & Reversed strike together 10x 10x

COMBINATIONS TECHNIQUES

ADD: Angle <1 and Angle <2
Fluid Strike (Right hand) 10x 10x
Broken (all loading position) 10x 10x
*Broken strike are often use as a fake strike to set up for counter offense.

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the position of the other hand.)
(L-shoulder) (R-shoulder)

4

5

(L mid)

(R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R)

ADD: 6. Down (R) 7. Down (L) 8. Cross

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Suicide with (open)-5x/ (closed) -5x/ broken strike (bag) 10x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #6

WARRIOR KALI



LESSON #6

BEGINNER CLASS

Repeat Lesson #5

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up, sit up, & squat)	10x
Drumming (low-Middle-High)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

Terminology: 1, 2,3,4,5,6,7,8,9,10 Handa-Ready, Umpisa-Start, and Hinto-Stop
Opo, Hindi Po, Salamat po, Walang ano man

FOOTWORK

ADD: Diamond footwork	Right	Left
8/8 directional footwork	10x	10x
X footwork = two close triangle facing each other		

BASIC STRIKES

ADD:	Right	Left
Targets – Temple - Elbow/Ribs - Knee	10x	10x

COMBINATIONS TECHNIQUES

ADD:		
Fluid Strike (all loading positions)	10x	10x
Broken (all loading position)	10x	10x
*Broken strike are often use as a fake strike to set up for counter offense.		

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the position of the other hand.)
(L-shoulder) (R-shoulder)

4

5

(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: Broken – fluid & reversed strike with footwork

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Suicide (8 dir.)-1x/ (X footwork) -3x/ fluid strike (bag)
10x(L&R)

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #7

WARRIOR KALI



LESSON #7

BEGINNER CLASS

Repeat Lesson #6

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up, sit up, & squat)	10x
Drumming (low-Middle-High)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

Terminology: 1, 2,3,4,5,6,7,8,9,10 Handa-Ready, Umpisa-Start, and Hinto-Stop
Opo, Hindi Po, Salamat po, Walang ano man

FOOTWORK

ADD: Diamond footwork	Right	Left
8/8 directional footwork	10x	10x
X footwork = two close triangle facing each other		

BASIC STRIKES

ADD:	Right	Left
Targets – Temple - Elbow/Ribs - Knee	10x	10x
Groin – solar plexus - hearth – crown - bridge		

COMBINATIONS TECHNIQUES

ADD:		
Fluid Strike (all loading positions)	10x	10x
Broken (all loading position)	10x	10x
P3- the three positions of your secondary hand (bicep - pull to hip - point)		

DRILLS

	1 (Head)	
Loading positions:	3	2 (No footwork, but must have the position of the other hand.)
	(L-shoulder)	(R-shoulder)
	4	5
	(L mid)	(R mid)
1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R) 7. Down (L)		
8. Cross		

ADD: Broken – fluid & reversed strike with footwork

WARRIOR KALI



CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Suicide (8 dir.)-1x/ (X footwork) -3x/ fluid strike (bag) 10x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #8

WARRIOR KALI



LESSON #8

BEGINNER CLASS

Repeat Lesson #7

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up, sit up, & squat)	10x
Drumming (low-Middle-High)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x
Warm up with double sticks drill (open chamber) only if they know it	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali- Native dances where the footwork was hidden are 1.

Tinikling - bamboos

2. PandangoSa Ilaw- glass with lights 3. Maglalatik- coconut shell (half)

All basic terminology done

FOOTWORK

ADD: Diamond footwork	Right	Left
8/8 directional footwork	10x	10x
X footwork = two close triangle facing each other		
+ Footwork		
All footwork with fluid strike		

BASIC STRIKES

ADD:	Right	Left
Targets – Temple - Elbow/Ribs - Knee	10x	10x
Groin – solar plexus - hearth – crown – bridge		

COMBINATIONS TECHNIQUES

ADD:		
Fluid Strike (all loading positions)	10x	10x
Broken (all loading position)	10x	10x
P3- the three positions of your secondary hand (bicep - pull to hip - point)		
Wall (6) -a. circular motion vs. kab-kab		

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)
4 5
(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: Broken – fluid & reversed strike with footwork

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Single jabs 1-10

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #9

WARRIOR KALI



LESSON #9

BEGINNER CLASS

Repeat Lesson #8

WARM-UP AND STRETCHING

Jumping Jacks (NEWS-each direction)	10sec
2 counts exercise (Push up, sit up, & squat)	10x
Drumming (low-Middle-High)	10x
Circular rotation of Joints (Head-Toe)	5x
Side bends (with stick)	5x
Gripping: Up & Down and Lateral (from one end to the other)	3x
Forward & Backward Bend (with stick)	5x
Warm up with double sticks drill (open chamber) only if they know it	5x

HISTORY & TERMINOLOGY

ADD: Brief History of Kali- Native dances where the footwork was hidden are 1.

Tinikling -bamboos

2. Pandango Sa Ilaw- glass with lights 3. Maglalatik- coconut shell (half)

All basic terminology done

FOOTWORK

ADD: Diamond footwork	Right	Left
8/8 directional footwork	10x	10x
X footwork = two close triangle facing each other		
All footwork with fluid strike		

BASIC STRIKES

ADD: Reinforce strike	Right	Left
Targets – Temple - Elbow/Ribs - Knee	10x	10x
Groin – solar plexus - hearth – crown - bridge		

COMBINATIONS TECHNIQUES

ADD:		
Fluid Strike (all loading positions)	10x	10x
Broken (all loading position)	10x	10x
P3- the three positions of your secondary hand (bicep - pull to hip - point)		
Wall (6) -a. circular motion b. checking vs. kab-kab		
Umbrella (R & L)	10x	10x

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
(L-shoulder) (R-shoulder) position of the other hand.)
4 5
(L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: Broken – fluid & reversed strike with footwork
Bisecting lines

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Single jabs 1-10

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #10

WARRIOR KALI



LESSON #10

BEGINNER CLASS

Repeat Lesson #9

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X footwork = two close triangle facing each other

All footwork with fluid strike

Right	Left
10x	10x

BASIC STRIKES

ADD: Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown – bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:

Fluid Strike (all loading positions)

Broken (all loading position)

P3- the three positions of your secondary hand (bicep - pull to hip - point)

Wall (6) -a. circular motion b. checking c. chambering vs. kab-kab

Umbrella (R & L)

10x	10x
10x	10x
10x	10x
10x	10x

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
 (L-shoulder) (R-shoulder) position of the other hand.)
 4 5
 (L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: ABAKADA

Broken – fluid & reversed strike with footwork

Bisecting lines

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Sparring with legs only

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #11

WARRIOR KALI



LESSON #11

BEGINNER CLASS

Repeat Lesson #10

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with fluid strike

Right Left
10x 10x

BASIC STRIKES

ADD: Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown - bridge

Right Left
10x 10x

COMBINATIONS TECHNIQUES

ADD:

Fluid Strike (all loading positions)

Broken (all loading position)

P3- the three positions of your secondary hand (bicep - pull to hip - point)

Wall (6) -a. circular motion b. checking c. chambering vs. kab-kab

Umbrella (R & L)

10x 10x
10x 10x
10x 10x
10x 10x

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
 (L-shoulder) (R-shoulder) position of the other hand.)
 4 5
 (L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: ABAKADA- basics 1-12 concepts of POWER

Broken – fluid & reversed strike with footwork

Bisecting lines (hands and feet)

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 10x, 20x, & 30x each side

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #12

WARRIOR KALI



LESSON #12

BEGINNER CLASS

Repeat Lesson #11

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with fluid strike

Right	Left
10x	10x

BASIC STRIKES

ADD: Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown - bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:

Fluid Strike (all loading positions)

10x	10x
-----	-----

Broken (all loading position)

10x	10x
-----	-----

P3- the three positions of your secondary hand (bicep - pull to hip - point)

Wall (6) -a. circular motion b. checking c. chambering vs. kab-kab

Umbrella (R & L) Facing each other

10x	10x
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WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
 (L-shoulder) (R-shoulder) position of the other hand.)
 4 5
 (L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: ABAKADA- basics 1-12 concepts of POWER (FEO)

Broken – fluid & reversed strike with footwork

Bisecting lines (hands and feet)

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 10x, 20x, &30x each side

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #13

WARRIOR KALI



LESSON #13

BEGINNER CLASS

Repeat Lesson #12

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with fluid strike

Right	Left
10x	10x

BASIC STRIKES

ADD: All Broken Strikes

Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown – bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3- the three positions of your secondary hand (bicep - pull to hip - point)

Wall (6) -a. circular motion b. checking c. chambering vs. kab-kab

Umbrella (R & L) Facing each other

10x	10x
-----	-----

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
 (L-shoulder) (R-shoulder) position of the other hand.)
 4 5
 (L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: ABAKADA- basics 1-12 concepts of POWER (FEO)

Broken – fluid - reversed strike with footwork

SPARRING 3 ROUNDS

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – JABS 10x TWO SETS

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #14

WARRIOR KALI



LESSON #14

BEGINNER CLASS

Repeat Lesson #13

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with fluid strike

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes

Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown - bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3 - Thrust to arm pit by controlling the wrist

P3 - Elbow using the Blade of forearm

P3 – Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

1 (Head)

Loading positions: 3 2 (No footwork, but must have the
 (L-shoulder) (R-shoulder) position of the other hand.)
 4 5
 (L mid) (R mid)

1. High 2. Shoulder (R) 3. Shoulder (L) 4. Mid (L) 5. Mid (R) 6. Down (R)
7. Down (L) 8. Cross

ADD: ABAKADA- basics 1-12 concepts of ACCURACY

Broken – fluid - reversed strike with footwork

SPARRING 3 ROUNDS

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 10x, 20x, and 30x

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #15

WARRIOR KALI



LESSON #15

BEGINNER CLASS

Repeat Lesson #14

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes

Reinforce strike

Targets – Temple - Elbow/Ribs - Knee

Groin – solar plexus - hearth – crown – bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3 - Thrust to arm pit by controlling the wrist

P3 - Elbow using the Blade of forearm

P3 – Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall (6) + Pamayong (umbrella)

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #16

WARRIOR KALI



LESSON #16

BEGINNER CLASS

Repeat Lesson #15

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)
Loading positions with footwork and strikes (broken-fluid-reversed)
P3 positioning with partners using angle <1 and angle <2
Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-
All basic terminology done

FOOTWORK

ADD: Diamond footwork
8/8 directional footwork
X Footwork = two close triangle facing each other
+ Footwork
All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Broken Strikes
Reinforce strike
Targets – Temple - Elbow/Ribs - Knee
Groin – solar plexus - hearth – crown – bridge

Right	Left
10x	10x

COMBINATIONS TECHNIQUES

ADD:
All Combination must be Facing Each Other (FEO)
P3 - Thrust to arm pit by controlling the wrist
P3 - Elbow using the Blade of forearm
P3 – Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall +Pamayong

Empty Hand – Sagang Labo

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Jabs 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #17

WARRIOR KALI



LESSON #17

BEGINNER CLASS

Repeat Lesson #16

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes

Vertical(2), horizontal (2), and Diagonal (2)

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3 - Thrust to arm pit by controlling the wrist

P3 - Elbow using the Blade of forearm

P3 - Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall +Pamayong

Empty Hand – Sagang Labo

Parry Salute And Elbow

Figure 4 and Take down

Come along

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #18

WARRIOR KALI



LESSON #18

BEGINNER CLASS

Repeat Lesson #17

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes

Vertical (2), horizontal (2), and Diagonal (2)

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3 - Thrust to arm pit by controlling the wrist

P3 - Elbow using the Blade of forearm

P3 - Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall +Pamayong

Empty Hand – Sagang Labo

Parry Salute And Elbow

Figure 4 and Take down

Come along

SABAYAN DRILLS BASE

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Witik 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #19

Testing announcement

WARRIOR KALI



LESSON #19

BEGINNER CLASS

Repeat Lesson #18

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)

Loading positions with footwork and strikes (broken-fluid-reversed)

P3 positioning with partners using angle <1 and angle <2

Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-

All basic terminology done

FOOTWORK

ADD: Diamond footwork

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes

Vertical (2), horizontal (2), and Diagonal (2)

COMBINATIONS TECHNIQUES

ADD:

All Combination must be Facing Each Other (FEO)

P3 - Thrust to arm pit by controlling the wrist

P3 - Elbow using the Blade of forearm

P3 - Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall +Pamayong

Empty Hand – Sagang Labo

Parry Salute And Elbow

Figure 4 and Take down

Come along

SABAYAN DRILLS BASE

- Pasunod

- Pasugat

- Pasakay

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Jabs 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #20

Testing announcement in two weeks

WARRIOR KALI



LESSON #20-24

BEGINNER CLASS

Review for testing

WARM-UP AND STRETCHING

Warm up with the double sticks drill (open chamber)
Loading positions with footwork and strikes (broken-fluid-reversed)
P3 positioning with partners using angle <1 and angle <2
Alternate with the basic warm up

HISTORY & TERMINOLOGY

ADD: Brief History of Kali-
All basic terminology done

FOOTWORK

ADD: Diamond footwork
8/8 directional footwork
X Footwork = two close triangle facing each other
+ Footwork
All footwork with facing each other

Right	Left
10x	10x

BASIC STRIKES

ADD: All Fluid Strikes
Vertical (2), horizontal (2), and Diagonal (2)

COMBINATIONS TECHNIQUES

ADD:
Loading positions with footwork and striking
P3 - Thrust to arm pit by controlling the wrist
P3 - Elbow using the Blade of forearm
P3 - Shoulder using pull and push +<1

WARRIOR KALI



DRILLS

ADD: ABAKADA- basics 1-12 concepts of SPEED

Broken – fluid - reversed strike with footwork

Wall +Pamayong

Empty Hand – Sagang Labo

Parry Salute And Elbow

Figure 4 and Take down

Come along

SABAYAN DRILLS BASE

- Pasunod

- Pasugat

- Pasakay

CONDITIONING WORKOUT

"WORKOUT OF THE DAY" – Jabs 1-10 Progression

ANNOUNCEMENT, AWARDS AND PREVIEW

Preview (Demo)

Preview of applications of techniques on lesson #21

Testing announcement in two weeks

WARRIOR KALI



Notes:

WARRIOR KALI



Hagdan ★ Single Stick

Studio	Test Date	Instructor:
Name		
Group	Age	Last Test Date
		Examiner:

Requirements	Grade	Comments
COUNTING 1-10		
TERMINOLOGY <i>SALAMAT PO / WALANG ANUMAN / HINDI PO</i>		
SINGLE STICK SALUTATION		
FOOTWORK: * <i>Ranging</i>		
A. ▼ Triangle B. ▲ Triangle C. 8 Directions		
STRIKING BROKEN		
1. DIAGONAL, 2. HORIZONTAL, 3. REVERSE DIAGONAL, X 2		
STRIKING FLUID		
1. DIAGONAL, 2. HORIZONTAL, 3. REVERSE DIAGONAL, X 2		
STRIKING 1. WITIK 2. JABBING		
UMBRELLA (PAYONG)		
1. INSIDE 2. OUTSIDE		
WALLS (against Kab-Kab)		
1. HIGH 2. MID 3. LOW		
LOADING POSITIONS (<i>With footwork and broken and fluid strikes</i>)		
1. HIGH 2. SHOULDER 3. MID 4. DOWN 5. CROSS		
P3		
1. WRIST 2. ELBOW 3. SHOULDER		
CONRADAS AND SABAYAN (		
1. PALIPAS 2. PASANOD 3. PASAGUT 4. PAWITIK 5. PASAKAY		
SAGUNG LABO (EMPTY HAND) 1. WRIST 2. COME ALONG 3. FIG 4		
FORM		
ABAKADA		
SPARRING DRILLS SOFT STICKS		
1. BISECTING		

Student or Parent Please complete this section

By completing this form I do hereby confirm that I am applying for the rank of Hagdan Isa * Double Stick _____ is not responsible or held liable for any accident that may occur during this testing and that I accept the results given to me

SIGNATURE Parent if under 18: _____ **Date:** _____