

WARRIOR KALI



Kali Double Stick

Lesson 1

History

Brief History of Kali

Terminology, Basic commands and position

- Opo
- Hindi
- Salamat po

Basic Salutation (short Form)

- Salutation Gumagalang magmula sa puso
- Forehead With Respect/Mano po
- Heart From the Heart

Basic Footwork

- Open Top Triangle

Basic Loading Position

- Middle
- Shoulder

Basic Strikes On Bag

- Angle 1
 - Broken
 - Fluid
- Angle 4
 - Broken
 - Fluid

Basic Drill With Footwork (FEO)

4 Bag, EH

WARRIOR KALI



Kali Double Stick Continued

Lesson 2

Repeat Previous Lesson

ADD

Terminology

- Review

Basic Strikes

- Fluid w/ Footwork
- Broken w/Footwork

Lesson 3

Repeat Previous Lesson

Add

Terminology

- Walang ano man
- Gumagalang magmula sa puso

Basic Strikes With Footwork

- Fluid
- Broken

Basic Drill With Footwork (FEO)

- 4 Bag, EH
- 6 Bay, EH

WARRIOR KALI



Kali Double Stick Continued

Lesson 4

Repeat Previous Lesson

ADD

Terminology

- Review
- Hindi Po

Basic Strikes

- Broken
- Kab-Kab HH (FEO)

At the End of every class, you should demo what they will be learning in the next lesson. This makes them not want to miss the next class

Lesson 5

Repeat Previous Lesson

Add

Terminology

- Salamat po

Basic Strikes With Footwork

- Fluid
- Broken

Basic Drill With Footwork (FEO)

- 4 w/Tap Bay, EH

WARRIOR KALI



Kali Double Stick Cont.

Lesson 6

Repeat Previous Lesson

ADD

Terminology

- Wlalong Ano man

Basic Strikes

- Fluid with Footwork
- Broken with Footwork
- Kab-Kab HH
- Kab-Kab MM

Lesson 7

Repeat Previous Lesson

Add

Terminology

- Salamat po
- Walang Ano man

Basic Strikes With Footwork

- DS
 - 4
 - 6
 - Tap
 - Tap & Twirl
- Kab-Kab
 - HH
 - MM
 - LL
 - EH

Basic Footwork

- Open Top Triangle
- Closed Top Triangle

WARRIOR KALI



Kali Double Stick Cont.

Lesson 8

Repeat Previous Lesson

ADD

Basic Drill

- Kab-Kab with Footwork

Announce Equipment

If not using pre-purchase method at sign up

Lesson 9

Repeat Previous Lesson

Add

Terminology

- Review

Basic Strikes With Footwork

- 4
- 6
- Tap
- Tap & Twirl
- Kab-Kab EH
- Cradle
- Meet & Merge

Announce Equipment

If not using pre-purchase method at sign up

WARRIOR KALI



Kali Double Stick Cont.

Lesson 10

Repeat Previous Lesson

ADD

Meet & Merge

Basic Drills With Footwork

- 4
- 6
- Tap
- Tap & Twirl
- Kab-Kab EH
- Cradle
- Meet & Merge

Announce Equipment

- If not using pre-purchase method at sign up

Lesson 11

Repeat Previous Lesson

Add

Terminology

- Review All

Basic Strikes With Footwork

- Open Top Triangle
- Closed Top Triangle

WARRIOR KALI



Kali Double Stick Cont.

Lesson 12

Repeat Previous Lesson

ADD

Basic Drill With Footwork

- All DS

Announce Equipment

- If not using pre-purchase method at sign up

Lesson 13

Repeat Previous Lesson

Add

Terminology

- Review All

Basic Drill With Footwork

- All Sequence
- DS
- EH

Lesson 14

Repeat Previous Lesson

Add

Basic Drill With Footwork

- Line Drills Bag

WARRIOR KALI



Kali Double Stick Cont.

Lesson 15

Repeat Previous Lesson

All students must know the Open Series

Promote Private Lessons

Add

Terminology

- Pasunuran – Sinawali

Basic Drill With Footwork (FEO)

- Open Series Time Drills
- Open Series Moving sideways using Close Triangle Footwork

Lesson 16

Repeat Previous Lesson

Add

Basic Drill With Footwork

- Pasunuran Closed Chamber, HHH

Announce Equipment

If no tusing pre-purchase method at sign up

WARRIOR KALI



Kali Double Stick Cont.

Lesson 17

Repeat Previous Lesson

ADD

Terminology

- Pasunuran - Sinawali

Basic Drill With Footwork

- All DS

Lesson 18

Repeat Previous Lesson

Add

Basic Drill With Footwork

- Use cones

Self Defense Demo

Announce Testing

WARRIOR KALI



Kali Double Stick Cont.

Lesson 19

Repeat Previous Lesson

ADD

Terminology

- Review

Basic Drill With Footwork (FEO)

Review All Drills

Basic Self Defense

- Parry Salute/Arm Lock

Lesson 20

Repeat Previous Lesson

Add

Basic Drill With Footwork

- Stick-Hand-Head

Basic Self Defense

- Arm Lock Parry Salute
- Sagang Labo

Announce Testing

WARRIOR KALI



Kali Double Stick Cont.

Lesson 21

Repeat Previous Lesson

ADD

Terminology

- Review All

Basic Drill With Footwork (FEO)

- All Open Series
- Stick Hand Head HHH
- Self Defense (2)

- Start the 40 sec. Close Chamber retreating/advancing

Lesson 22

Repeat Previous Lesson

Add

Basic Drill With Footwork

- Stick Hand head MMM

Promote Private Lessons

- For behind students

Announce Equipment

WARRIOR KALI



Kali Double Stick Cont.

Lesson 23

Repeat Previous Lesson

ADD

Terminology

- Review All

Basic Drill With Footwork

- Stick Hand Head LLL
- 40 sec Open Chamber retreating/advancing

Lesson 24

Repeat Previous Lesson

Add

Basic Drill With Footwork

All Curriculum Done

Announce Equipment

Lesson 25

Review Materials For Testing

Demo

EH applications for motivation and understanding of the art

WARRIOR KALI



Kali Double Stick Cont.

Lesson 26

Review Materials For Testing

Demo

- EH applications for motivation and understanding of the art

Lesson 27

Demo

- Level 2 Curriculum

Lesson 28

Testing Day

Seminars With Master Apolo Available Upon Request