

# KALI

## Level 1 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.

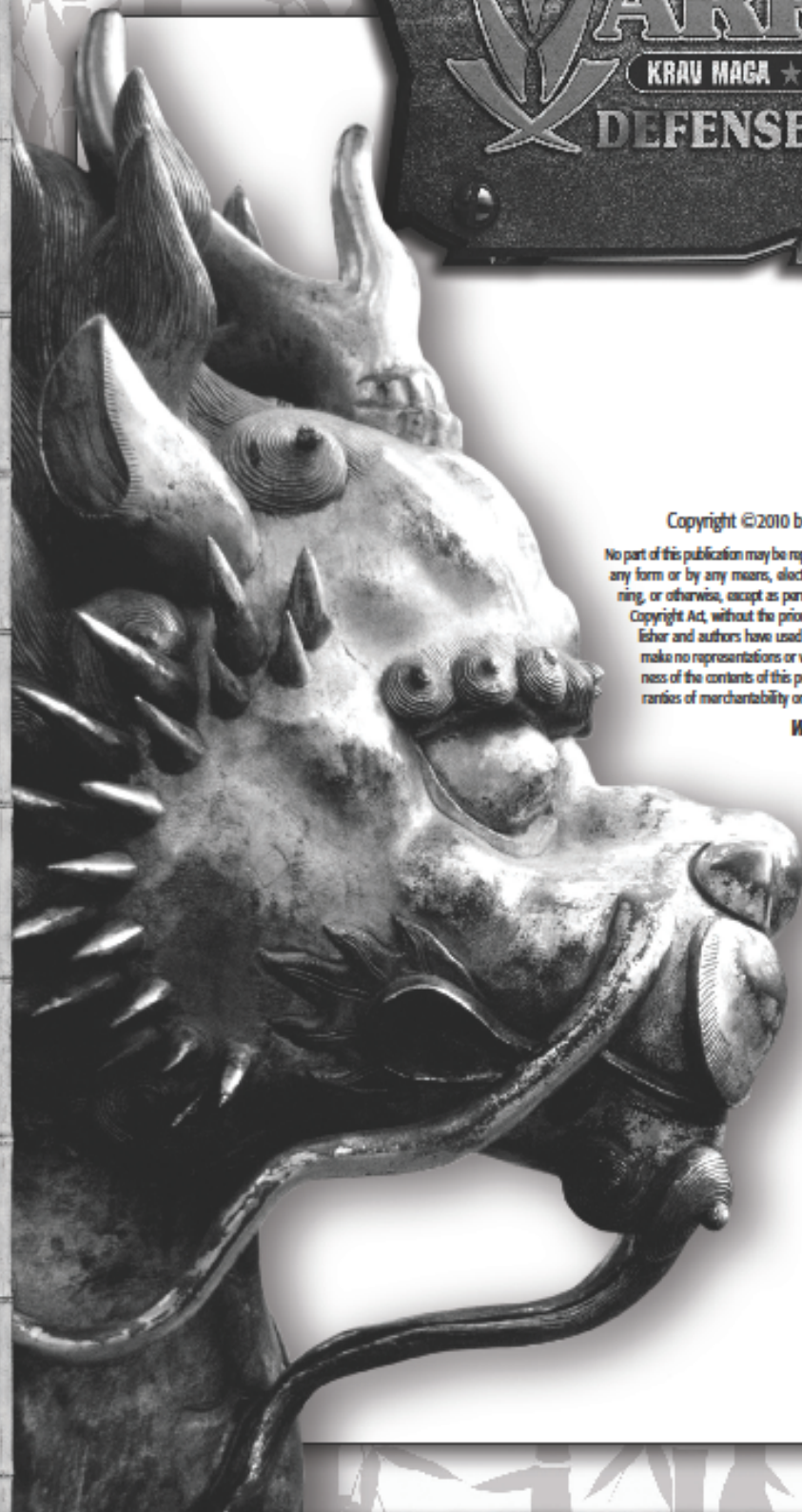




# WARRIOR

KRAU MAGA ★ KICK BOXING ★ KALI

DEFENSE ★ FITNESS



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# WARRIOR KALI



## Certification Schedule

### Friday 8am- 3pm Day One

8:00am – 8:50am	Registration, group assignments, welcome packets, coffee and donuts	
8:50am – 9:00am	Break up into groups	
9:00am-10:00am	Opening Keynotes by Chief Master Clark	
10:00am-10:15am	Introduction to the Filipino Indigenous art of KALI Brief history of the Philippines cultural art – Kali (part 1) Group A – DS Certification Group B – SS Certification	
10:15am-2:15pm	Group A Open Series Lessons #1-12	Group B Loading position w/ Strikes & Footwork Lessons #1-12
2:15pm- 2:30pm	Snacks, Preparation for the Fitness Assessment	
2:30pm- 3:30pm	Fitness Assessment for ALL Groups	
3:30pm- 5:00pm	Warrior Xfit Certification	

### Continuing Education Kali

5:00pm – 8:00pm	Continuing Education KALI KOMBAT Empty Hand vs. Blade Receiving vs Feeding C – Offense knife tapping drill #1 - #3
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\*\*\*Post on Social Media - Testimonials



# WARRIOR KALI



## Certification Schedule

### Saturday 8am- 3pm Day Two

8:00am – 8:50am	Registration, group assignments, welcome packets, coffee and donuts	
8:50am – 9:00am	Break up into groups	
9:00am-10:00am	Opening Keynotes by Chief Master Clark	
10:00am-10:15am	Introduction to the Filipino Indigenous art of KALI Brief history of the Philippines cultural art – Kali (part 2) Group A – DS Certification Group B – SS Certification	
10:15am-1:30pm	Group A Open Series Lessons #12-24	Group B Loading position w/ Strikes & Footwork Lessons #12-24
1:30pm- 2:15pm	Implementation of Kali Programs	
2:15pm- 3:15pm	Enrollment Presentation ALL Groups	
3:15pm- 3:30pm	Snacks, preparation for the Teaching Practice	
3:30pm – 5:00pm	Teaching Practice and Drills	

### Continuing Education Kali

5:00pm – 8:00pm	Continuing Education KALI KOMBAT Blade vs. Blade Receiving vs Feeding C – Offense knife tapping drill low & high thrust
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# WARRIOR KALI



## Certification Schedule

### Sunday 8am- 3pm Day Three

8:00am – 8:50am	Registration, group assignments, welcome packets, coffee and donuts
8:50am – 9:00am	Leave HQ for the Beach
10:00am-10:15am	Introduction to the Filipino Indigenous art of KALI Brief history of the Philippines cultural art – Kali Group A – DS Certification Group B – SS Certification
10:15am-1:15pm	Beach Training
1:15pm- 2:00pm	Lunch
2:00pm- 2:30pm	Group Review & Testing
3:00pm	Presentation of Certificates, Pictures & Closing Remarks

\*Post on Social Media

# WARRIOR KALI



## 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.





## 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  
(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: 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  
    (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" – 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

Right Left  
10x 10x

8/8 directional footwork

X Footwork = two close triangle facing each other

+ Footwork

All footwork with fluid strike

### **BASIC STRIKES**

ADD: Reinforce strike

Right Left  
10x 10x

Targets – Temple - Elbow/Ribs - Knee

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 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

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 strikings

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

**SIGNITURE** Parent if under 18: \_\_\_\_\_ **Date:** \_\_\_\_\_



## Bootcamp Explanation

### Why do it?

The purpose is a monthly activity used to generate new members, build retention, and collect revenue.

### New Members:

- Referrals-this gives your current members a special reason to invite their friends and family
- New prospects-because fitness has such a large market segment, Bootcamp events can generate a larger interest and participation at your facility that can segway to Krav Maga or Kickboxing
- Reactivation- this gives a reason to invite back all of the previous members that expired and did not renew, drop outs, and old leads

### Retention:

- Bootcamps give existing members something different to participate in and look forward to
- Camaraderie is built through friendly competition
- A culture of striving and motivating others to succeed is developed

### Revenue:

- Enrollment special that day only
- Special offer on membership extensions
- Cash out discount
- Merchandise
- Prepaid testings





## Bootcamp Explanation Continued

### How To:

- Decide a date- usually Saturdays work best
- Pick a format to use: specified reps or time, how many exercises to use and a time limit (should be challenging and push members to their limits)
- Choose exercises from Warrior Xfit
- Add running in between sets or as a check in/out
- Come up with a name such as Dirty 30's, Abzilla, Butts and Guts, Turkey Day Massacre, Beg for Mercy, Cannibalize the Weak
- Use Facebook to create an event and invite your students email and or text everyone an invite
- Create a list of names of people to approach to offer cashouts, gear packages, prepaid testings, membership extensions, etc.
- At the event write the exercises on a dry erase board and have everyone write their names on the board
- Explain exercises and structure of Bootcamp then get them started
- Take close up pictures to post on facebook and tag them
- At the end write everyone's times on the board
- Offer a "Today Only" enrollment special to all guests
- Take group pictures
- Have water, coffee and bagels from everyone to celebrate after the workout
- Present the people on your list

# WARRIOR KALI



## “Butts and Guts” Bootcamp

**\*\* 1 minute each w/ 30 sec Rest**

high knees

squats

sit ups

**30 Sec. Rest**

side to side footwork

right leg hip ups

left leg hip ups

**30 Sec. Rest**

globe twist

power squats

Bicycle

**30 Sec. Rest**

switch kicks

right side kicks on ground

left side kicks on ground

**30 Sec. Rest**

mountain climbers

plank knees to elbow

butt ups

jump lunges

**30 Sec. Rest**

Burpees

V ups

**30 Sec. Rest**

ski hops

rear straight leg lift right side

rear straight leg lift left side

**30 Sec. Rest**

squat jump turns

alternating v ups

rocks

\*check in/ out run to park