

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



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

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