



American Hybrid Combat Karate Basic Drills/Skills

Footwork

- 1) Forward Triangle
- 2) Reverse Triangle
- 3) Side Stepping
- 4) Tina Kling

Drills Empty Hand

- 1) The Parry
- 2) DTP Flow
- 3) Elbow Control
- 4) Target Seeking
- 5) Standing Vacuum
- 6) OS (Hubad)
- 7) Punch/Uppercut
- 8) Reaction (slap down/match leg)

Ground Drills

- 1) Basic Ground Drill (Positions)
- 2) Cross Body Key Locks
- 3) Obtain Back/Escape Back Mount
- 4) Bridge Sweep, Key Lock, Guillotine
- 5) Armbar from Guard
- 6) Armbar from Mount
- 7) Headlock Series
- 8) From Mount (3 choices while pounding) Key Lock, ArmBar, Back Mount
- 9) Near Side Scarf (key lock w/ leg, arm crank, sleeper)
- 10) Sprawl
- 11) Move to the "T"
- 12) Basic Ground Defense
- 13) Breakfalls

Main Kali Drills/Skills

- 1) 599
- 2) 5995
- 3) Taping
- 4) Stick Sparring Game
- 5) Dukop/Punyo
- 6) Broken 8
- 7) Parry 9 (Stick/Knife)
- 8) 64 Attacks (12 Attacks, 4 Walls, 1625)
- 9) Disarms

Escapes from Common Attacks:

- 1) Shirt Grab (One and two handed)
- 2) Front Choke (one and two handed)
- 3) Knife threat
- 4) Gun threat
- 5) Wrist Grabs (all types)
- 6) Club Strikes (All angles)
- 7) Bear Hugs (Arms pinned and free)

Joint Locks:

- 1) Outward Wrist Twist
- 2) Inward Wrist Twist
- 3) WakiGatame
- 4) Bent Arm
- 5) Straight Arm Bar
- 6) Elbow Control
- 7) Ankle Lock
- 8) Key Locks
- 9) Neck Cranks

Throws

- 1) Headlock Hip
- 2) Outward Wrist Twist
- 3) Two-Step
- 4) Shoulder
- 5) Under Arm-Behind Head
- 6) Step Behind
- 7) Step Behind Scoop
- 8) Reap
- 9) Sweep
- 10) Step on foot and push

Strikes:

- 1) Palm Heel
- 2) Open Hand Slap
- 3) Knee Lift
- 4) Elbows
- 5) Round Kick
- 6) Front Thrust
- 7) Jab Cross Hook (Once hands are conditioned)
- 8) Bent Arm Check

Explain/Demonstrate:

- 1) Reaction Time (R.A.C.E. -2- R.E.A.C.T.)
- 2) Laws of Self-Defense
- 3) Reasonable Force
- 4) Deadly Force
- 5) Principles

These skills/drills are what I want you to have a good "base" of in your first year. Keep a log showing your progress. Don't forget to write your explanation down in your "*Fighter's Notebook*".