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## WHITE 2 CURRICULUM - TAEKWONDO / MUAY THAI

1. Taekwondo Pattern - Ki-Bon (full)
2. Muay Thai Kicks
  - Right Kick
  - Left Kick
3. Muay Thai Knee Strikes
4. Muay Thai Footwork - Quarter Turns
5. Muay Thai Combo
  - Jab / Cross / Hook / B&W / Cross / Hook / Cross
6. Taekwondo Double Kicks

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## WHITE 2 CURRICULUM - JUN FAN / JEET KUNE DO

1. Jun Fan Gung Fu Defense
  - Intercept the Jab with a Jeet Tek
  - Intercept the Jab with a Foot Jab
  - Intercept the O'ou Tek with a Jeet Tek
  - Intercept the Juk Tek with a Jeet Tek
  - Intercept the Jik Tek with a Jeet Tek
2. Jun Fan Trapping
  - Reference: Pak Sao (stiff energy) / Jao Sao / Double Jut Sao / Gum Sao Da
  - Reference: Noy Lop Sao Da
  - Reference: Pak Sao / Loy Lop Sao Da

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## WHITE 2 CURRICULUM - KALI / ESKRIMA / SILAT

1. Basic Blocks - Inside / Outside Deflection Angles 1-5
2. Amarra
  - Upward Figure 8
  - Downward Figure 8
3. Footwork - Female Pattern
  - Replacing at Apex
  - Replacing at Base
4. Sinawali 5 Count
5. Sinawali Redondo Windmill Drill

