

# —PROGRAM LAYOUT—

BEGINNERS  
STRIKING  
1 SEMESTER



BEGINNERS  
GROUND AND  
GRAPPLING  
1 SEMESTER

PASS THIS COURSE

PASS THIS COURSE



KALI : INTRO TO WEAPONS  
1 SEMESTER

PASS THIS COURSE



INTERMEDIATE SELF DEFENCE:  
SCENARIO & APPLICATIONS  
1 SEMESTER



GRADUATED