

# FCS KALI CURRICULUM 2011

## LEVEL 1 (minimum 3 month FCS membership required for test)

### Solo Baston:

- Solo Baston formal salute meaning & application
- 12 count of the 64 stick form
- 4 count right/ left & changes

### Range Awareness

- Largo
- Medio
- Corto
- Corto Corto

### Footwork:

- Open Male Triangle
- Open Female Triangle
- Closed Male Triangle
- Close Female Triangle
- Full Diamond
- Side stepping
- Replacement Stepping
- Take Off

### Basic Striking:

- Labtik
- Witik
- Redondo
- Abaniko
- Punyo

### Defenses:

- Umbrellas and the individual block names
- 4 walls and the individual block names

### Disarms:

- Snake inside #1
- Snake outside #2
- Vine largo #1
- Vine largo #2
- Vine corto #1
- Vine corto #2

### Hand Switches: (with application)

- Shoulder Switch
- Application
- Labtik/Chamber & Switch
- Application

### Carenza using basic strikes and hand switches

## **Blade:**

### Knife Tapping (Feeder)

- Forehand cut
- Backhand cut
- Overhead cut
- Low abdominal trust

### Knife Tapping (Receiver)

- Left Clear
- Right Clear
- High pass (# 10)
- Low pass (# 5)

## **Mano Mano:**

- Formal salute meaning & application
- 1-5 of *12 moves 2010 Mano Mano Template*

### Applications:

- #1&2 of template 1
- #3&4 of template 1
- #5 of template 1

### Hubad:

- Basic Outside
- Inside transition
- High-Low
- Low High

## **Basic Terminology:**

- Hunda = Ready
- Hinto = Stop
- Umpisa = Start
- O Po = Yes
- Hindi Po = No

### Counting

- 1 = Isa
- 2 = Dalawa
- 3 = Tatlo
- 4 = Apat
- 5 = Lima
- 6 = Anim
- 7 = Pito
- 8 = Walo
- 9 = Siyam
- 10 = Sampo

## **LEVEL 2** (minimum 6 month FCS membership required for test)

### **Solo Baston**

- 36 counts of the 64 stick form

#### **Six Count Sumbrada**

- Right hand largo
- Right hand medio
- Vine disarm doing sumbrada
- Snake disarm doing sumbrada
- Side stepping
- Close female triangle
- Close male triangle

#### **Stick Transition Drills**

- #1 Left
- #2 Left
- #1 Right
- #2 Right
- Transition to Shoulder Switch
- Transition to Chamber / Switch

#### **Punyo Mano**

- Standard Punyo Mano High Counter
- Standard Punyo Mano Low Counter

#### **Cincotos**

- #1(Jab, 2 inside redonda, 2 outside redonda)
- #2 (Vertical Witik, horizontal abaniko, 2 inside redonda)

#### **Carenza**

### **Knife**

- *Template 1 (7 count with loop) feeder & receiver*

#### **Knife Tapping**

- Wrist Grab (Pluck Right)
- Wrist Grab (Pluck Left)
- Shoulder asst. Arm lock (arm bar right)
- Wrist Pull / Brachial Thrust (arm bar left)
- Vertical Arm lock (Vertical Hyperextension)

- Horizontal Arm lock (Horizontal Hyperextension)

- Wrist lock (superman)
- Brachial attack

### Hubad (knife vs. knife)

#### Sak Sak

- Gunting (inside/outside)
- Inside cut / pass
- Inside entry / low pass / low Hubad

- 50/50 Rule
- Entry to Disarm (inside/outside)

#### Pekal

- Gunting (inside/outside)
- Inside cut / pass
- Inside entry / low pass / low Hubad

- 50/50 Rule
- Entry to Disarm (inside/outside)

### Mano Mano

- Hunda of Mano Mano form meaning & application
- 12 moves of 2010 Mano Mano Form

### Applications of the Mano Mano Form

- |        |       |
|--------|-------|
| • #6   | • #10 |
| • #7   | • #11 |
| • #8-9 | • #12 |

### Hubad

- Free flow with right hand
- Free flow with left hand

### Joint locks and take downs

- *Wrist lock*
- *Forearm throw*
- *Dive throw*

## **LEVEL 3** (Minimum 9 month FCS membership required for test)

### **Baston**

- 64 Solo Baston Form

#### Stick Transition Drills

- #1-5 Left
- #1-5 Right
- Employment of Transitions w/ Hand Switches
- Demonstration of entries to disarms to takedowns to submissions

#### Advance Solo Baston Carenza

#### Double Stick

- Standard Sinawalli
- Reverse Sinawalli
- Broken Six
- Broken Six (pull back)
- Broken Six (umbrella)
- Broken Six (witik)
- Heaven and Earth
- Sinawalli Entries
- Sinawalli Punyo Entries

### **Knife**

- Knife Template 1 feeder & receiver

#### Knife Tapping

- Wrist Lock / Palusut Escape
- Pekal Wrist Hook / Power Asst. counter
- Feeder Timing / Manual Dexterity
- Non-Linear Attacks
- Target Isolations
- Ranging within Quadrants
- Receiver Timing / Manual Dexterity:
- Live hand entries to disarm
- Receiver Deceiving (Parlor Tricks)

#### Carenza with knife

### **Sword**

- Cincoteros Harap Likod (primary, front & back)

### **Kerambit**

- Kerambit Template 1

### **Mano Mano**

- Mano Mano Template 1 loop at 7

12 count Mano Mano Form (every section of the form need to be understood in base of the sub systems)

- 1&2 – Sikaran and dumog
- 3&4 - Guntings
- 5&6 Silat
- 7-10 – Mano Mano
- 11 – Punyo Mano
- 12 - Silat

### **Joint locks and take downs**

- Standing center lock
- Reverse center line take down
- Come along
- Puter kepala

## **LEVEL 4** (Minimum 1 year FCS membership required for test)

### **Baston**

Salutation for double stick and understanding of it

Largo Forms (1 - 4)

Stick Transition Drill w/ transition to Disarms and Takedowns

Stick Fighting Strategy Training (*Largo using Punyo Mano entries to bridge the gap to corto*)

Punyo mano entries

- Hi counter
- Low counter
- Heaven and earth
- Ying & Yang
- Percussion

Stick grappling template with applications (only standing)

Stick Transition 1 Left with Live hand application

Double Stick Carenza

### **Knife**

Template 1 feeder & aggressive receiver

Advanced Knife Tapping

- Receiver Timing / Manual Dexterity (Live hand taps entries / empty hand timing Sequences / disarms)
- Blade Progression into Free flow (single blade / double blade / feeder-receiver / feeder-feeder)

Knife Fighting Strategy Training

- Cut / evade basic angles (w/ timing) gunting / palusut

### **Mano Mano**

## Joint locks and take downs

- Roll overs
- Pick ups
- Finger locks



# **LEVEL 5** (minimum 2 years FCS membership required for test)

## **Baston**

Advanced Carenza

Transition Drill w/ Free flow Sumbrada

Stick Fighting Strategy Training

- Corto to Punyo Mano Range

## **Knife**

Knife Fighting Strategy Training

- Footwork applications
- Entries to disarm

Knife draw and counter concepts

Knife Template 2

## **Espada y Daga**

7 Seguidas

- Applications

Transition Drills 1 - 4

Six Count Sumbrada

Carenza with Espada Daga

## **Kerambit**

Basic Movements

- Triangle pattern
- Circle cut (palusut)
- S-cut

## Vital Targets

- Proper body placement
- Entries to Isolations (Quick Kills)
- Entries to Combination Cutting
- Trapping / Locking / Body Manipulation
- Apply all to Hubad

## Kerambit Template 2

### **Mano Mano**

#### Joint locks & take downs

- Lasso
- Scoop reverse
- Kick stand take down
- Free Flow

### **Psychology of Teaching**

#### Begin Instructor Development Training