

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
- #7
- #8-9
- #10
- #11
- #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