

# FCS KALI CURRICULUM

## 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:

- Lab Tik
- 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
- Lab Tik/Chamber & Switch
- Application

### Carenza using basic strikes and hand switches

## **Blade:**

### Knife Tapping (Feeder)

- Forehand cut
- Backhand cut
- Overhead cut
- Low ab 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 *FCS Mano Mano Template (show in template format)*

### Applications:

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

### Hubad:

- Basic Outside
- Basic Inside
- 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 = Sampu

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

## Solo Baston

### 36 counts of the 64 stick form

### Six Count Sumbrada

- Largo
- Medio
- Vine disarm doing sumbrada
- Snake disarm doing sumbrada
- Side stepping
- Close female triangle/ Reverse triangle
- Close male triangle/ Forward triangle

### Stick Transition Drills

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

### Punyo Mano

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

### Cincoteros Paterns

- #1(Jab, 2 inside redondo, 2 outside redondo)
- #2 (Low witik, horizontal abaniko, 2 inside redondo)

\*\*\* Stick Transitions/Punyo Mano/ Cincoteros #2

### Carenza

## Knife

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

### Knife Tapping

- Right Wrist Pluck
- Left Wrist Pluck
- Right Shoulder Hyperextension
- Left Shoulder Hyperextension
- Vertical Armlock (Vertical Hyperextension)
- Horizontal Armlock (Horizontal Hyperextension)
- Wrist lock (Superman)
- Brachial attack

### Hubad (knife vs. knife)

#### Sak Sak

- Inside gunting
- Inside cut & pass
- Inside entry/lowpass/lowHuba

- 50/50 Rule
- Entry to disarm with inside/outside baits

#### Pekal

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

- 50/50 Rule
- Entry to disarm with inside/outside baits

### **Mano Mano**

#### 6-12 of 12 moves of Mano Mano Template

#### Applications of the Mano Mano Template

- #6
- #7
- #8-9

- #10
- #11
- #12

#### Joint locks and take downs

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

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

## **Baston**

### 64 FCS Solo Baston Form

#### Stick Transition Drills

- 5 variations in any order on Right
- 5 variations in any order on Left
- 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 (Standard) Six
- Broken Six (pull back)
- Broken Six (umbrella)
- Broken Six (witik)
- Heaven & Earth
- Sinawalli Entries
- Sinawalli Punyo Entries

## **Knife**

### Knife Template 1 feeder & receiver

#### Knife Tapping

- Left & Right aggressive tapping (receiver)
- Wrist Lock / Palusut Escape
- Pakal Wrist Hook Counter
- Feeder Manual Dexterity
- Circular Attacks & Timing
- Target Isolations
- Maintaining Quadrants
- Live hand entries to disarm
- Receiver Deceiving Parlor Tricks

### Carenza with knife

## **Sword**

### Cincoteros Harap Likod (primary, front & back)

## **Kerambit Template 1**

## **Mano Mano**

### **Panantukan Template 1 (Loop at 7)**

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

- Hunda of Mano Mano template meaning & application
- 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

FCS Largo Forms (1 - 4)

Punyo Mano entries

- High counter
- Low counter
- Heaven and Earth
- Yin & Yang
- Percussion

Stick fighting Strategy Training using distancing and body mechanics with stepping.

FCS Stick grappling template with applications (only standing)

Double Stick Carenza

## **Knife**

Advanced Knife Tapping

- FCS Knife Sumbrada
- Progression into Free flow
- FCS Knife vs Knife Sumbrada Blade
- Progression into Free flow

Knife Fighting Strategy Training (Cut / evade basic angles w/ timing/pass/gunting)

## **Mano Mano**

Joint locks and take downs

- Role overs
- Pick ups
- Finger locks

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

## **Baston**

FCS Sumbrada Free flow including Punyo Mano & transition Drills

Stickfighting Strategy Training (Contradas)

## **Knife**

Knife Fighting Strategy Training (Knife vs Knife Contradas) Guntings into contradas include footwork and body mechanics

Knives draws and counters concepts

- Draw
- Parry draw
- Check draw
- Strike draw

Knife Template 2

## **Espada y Daga**

7 Seguidas & Applications

Six Count Sumbrada

FCS Sumbrada

Carenza with Espada Daga

## **Kerambit**

Basic Movements

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

Targets

- Entries to Isolations (Quick Kills) including Trapping / Locking / Body Manipulation & Footwork
- Apply all in to Hubad

Kerambit Template 2



## **Mano Mano**

Panantukan combat version (7 count loop)

Joint locks & take downs

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

## **Psychology of Teaching**

Begin Instructor development training