



# **KALI SIKARAN PHASE ONE**

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# KALI SIKARAN PHASE ONE

## I. DOBLE BASTON

-  1.1. CABCA N°1 THROUGH N°4  
PIVOT / FORWARD / BACKWARD
-  1.2. SINAWALI N°4  
STANDARD / HIGH
- 1.3. CHAINING PRINCIPLE  
CHAINING 3 TO 4 DRILLS  
USING ALL CABCA DRILLS




## II. SOLO BASTON

-  2.1. DEMONSTRATE BASIC LARGO ANGLES N°1 THROUGH N°5
-  2.2. DEMONSTRATE FIGURE 8  
CLOSE AND OPEN GUARD
- 2.3. BASIC LARGO DRILL
  -  2.3.1. BASIC WITH THREE COUNTER STRIKES . FORWARD / BACKWARD  
GO AGAINST THE FORCE  
GO WITH THE FORCE
  -  2.3.2. BASIC WITH THREE COUNTER STRIKES . USING FEMALE TRIANGLE  
GO AGAINST THE FORCE  
GO WITH THE FORCE
- 2.4. ELASTICO
  - STATIC
  -  2.4.1. EVADE ONLY
  - 2.4.2. COUNTER STRIKE TO THE ARM  
WITH FRONT LEG RETRACTING
  -  2.4.3. EVADE ONLY
  - 2.4.4. COUNTER STRIKE TO THE ARM

## III. KADENA DE MANO

-  3.1. KADENA DE MANO APPLICATION AGAINST JAB USING SINAWALI N°4  
ENTRY N°1 - PARRY / CHECK  
EXAMPLE N°1 THROUGH N°4

## IV. PANANTUKAN

- 4.1. DEMONSTRATE BASIC PUNCHES  
JAB / CROSS / HOOK
- 4.2. DEMONSTRATE BASIC BLOCKS  
PARRY / CATCH / COVER BLOCK
- 4.3. CROSS DRILL
  - 4.3.1. USING JAB
  - 4.3.2. USING CROSS
- 4.4. FOCUS GLOVES
  -  4.4.1. BASIC COMBINATION DRILL  
DRILL N°1 - JAB  
DRILL N°2 - CROSS  
DRILL N°3 - JAB / CROSS  
DRILL N°4 - JAB / CROSS / JAB  
DRILL N°5 - JAB / CROSS / HOOK W/THE FRONT HAND  
DRILL N°6 - CROSS / HOOK W/THE FRONT HAND / CROSS  
DRILL N°7 - HOOK W/THE FRONT HAND / CROSS / HOOK W/THE FRONT HAND  
DRILL N°8 - HOOK W/THE FRONT HAND / HOOK W/THE REAR HAND /  
HOOK W/THE FRONT HAND
  -  4.4.2. BASIC THREE COUNT DODGING DRILL
  -  4.4.3. CHAINING DRILL  
EXAMPLE N°1 - TWO COUNT DODGING DRILL / BASIC COMBINATION DRILL N°4 /  
SLIDE BACK TO YOUR GUARD  
EXAMPLE N°2 - TWO COUNT DODGING DRILL / BASIC COMBINATION DRILL N°5 /  
SLIDE BACK TO YOUR GUARD  
EXAMPLE N°3 - THREE COUNT DODGING DRILL / BASIC COMBINATION DRILL N°6 /  
TWO COUNTS DODGING DRILL / SLIDE BACK TO YOUR GUARD

**V. SIKARAN**

**5.1. BASIC KICKS**

FRONT KICK  
LOW KICK, MEDIUM ROUNDHOUSE KICK

**5.2. BASIC FOOTWORK**

HALF STEP

**5.3. BASIC THREE COUNT COMBINATIONS**

**EXAMPLE N°1 - START WITH FRONT LEG**

**ATTACKER** - LOW KICK W/THE FRONT LEG / CROSS / HOOK W/THE FRONT HAND

**DEFENDER** - LIFT THE FRONT LEG / PARRY / COVER BLOCK

**EXAMPLE DRILL N°2 - START WITH FRONT HAND**

**ATTACKER** - JAB / CROSS TO THE BODY /  
MEDIUM ROUNDHOUSE KICK W/THE FRONT LEG

**DEFENDER** - CATCH / PARRY W/THE FOREARM / BLOCK W/THE FOREARM

**EXAMPLE DRILL N°3 - START WITH REAR LEG**

**ATTACKER** - LOW KICK W/THE REAR LEG / JAB / CROSS TO THE BODY

**DEFENDER** - BLOCK W/THE LEG / CATCH / PARRY W/THE FOREARM

**EXAMPLE N°4 - START WITH REAR HAND**

**ATTACKER** - CROSS TO THE BODY / JAB / LOW KICK W/THE REAR LEG

**DEFENDER** - PARRY W/THE FOREARM / PARRY / BLOCK W/THE LEG

**5.4. EVADE DRILL AGAINST LOW KICK**

ATTACKER GIVES LOW KICK W/THE FRONT AND THE REAR LEG

DEFENDER EVADES AND COUNTERS WITH

**5.4.1.** TWO KICKS

**5.4.2.** ONE KICK, TWO OR THREE PUNCHES

**5.4.3.** TWO OR THREE PUNCHES, ONE KICK

COUNTER KICKS USE ONLY LOW, MEDIUM AND HIGH ROUNDHOUSE KICK.

COUNTER PUNCH USING JAB, CROSS AND HOOK.

**VI. SPARRING DRILL**

**6.1. PANANTUKAN BASIC SPARRING DRILL N°1 - LIGHT CONTACT**

**1.1**

USING JAB, CROSS OR HOOK.

**6.2. SIKARAN BASIC SPARRING DRILL N°1 - LIGHT CONTACT**

**1.1**

USING LOW, MEDIUM OR HIGH ROUNDHOUSE KICK.

AND JAB, CROSS OR HOOK.

EACH CANDIDATE HAS TO PERFORM 2 ROUNDS OF 1:00 MINUTE.

1:00 MINUTE BREAK BETWEEN EACH ROUND. THE TASK FOR EACH ROUND

WILL BE CHOSEN BY THE EXAMINER(S).