



KALI SIKARAN PHASE TWO

I would like to thank the following people for their assistance to the creation of the "Kali Sikaran Program Next Generation".

From Kali Sikaran France:

Madunong Guro Stephane Rustique.

From Kali Sikaran French Polynesia:

Katulong Guro Bruno Rozier.

From Kali Sikaran Germany:

Guro Andreas Güttner, Guro Julia Pattis, Guro Hans Rucker,

Katalungan Guro Amaury Eber, Katulong Guro Tobias Kurz, Katulong Guro Holger Huitenga,

Katulong Guro Alex Thanner, Madunong Guro Michael Frey, Madunong Guro Mirko Zellner,

Kadua Guro Monika Girardi, Kadua Guro Timo Krumme, Kadua Guro Denise Wittmann,

Kasama Axel Keuchel and Kasama Christian Schwarzenbacher.

From Kali Sikaran Lebanon:

Guro Joe Habis, Katulong Guro Marc Helou,

Madunong Guro Karime Debbas and Madunong Guro Rana Dora.

From Kali Sikaran Nederland:

Madunong Guro Marc Verleg.

From Kali Sikaran USA:

Katulong Guro Linda Brooks.



KALI SIKARAN PHASE TWO

I. DOBLE BASTON

1.1. SINAWALI N°4

HIGH / MEDIUM / LOW

1.2. SINAWALI N°6

HIGH / MEDIUM / LOW

1.3. BASIC FOOTWORK USING SINAWALI N°6

1.3.1. FEMALE TRIANGLE

1.3.2. MALE TRIANGLE

1.4. ONE HAND PRINCIPLE

USING ALL SINAWALI AND CABCA DRILLS

1.5. CHAINING PRINCIPLE

CHAINING 3 TO 4 DRILLS

USING ALL SINAWALI AND CABCA DRILLS

II. SOLO BASTON

2.1. AMARA DRILL N°1

2.1.1. VARIATION N°1 - ENDING WITH PASS OVER

2.1.2. VARIATION N°2 - ENDING WITHOUT PASS OVER

2.2. AMARA N°1 STRIKING DRILL

USING BASIC DRILLS 1.2.3 / 2.3.4 / 3.4.5 / 4.5.6 / 5.6.7

2.3. DEMONSTRATE BASIC ANGLES N°1 THROUGH N°10

2.4. REINFORCED BLOCK

2.4.1. REINFORCED BLOCK POINT UP

AGAINST ANGLES N°1 THROUGH N°10

2.4.2. REINFORCED BLOCK POINT UP WITH BASIC FOLLOW UP

AGAINST ANGLES N°1 THROUGH N°6

2.5. THREE COUNT BLOCKING DRILL

2.5.1. THREE COUNT BLOCKING DRILL

USING BASIC DRILLS 1.2.3 / 2.3.4 / 3.4.5 / 4.5.6 / 5.6.1

2.5.2. THREE COUNT BLOCKING DRILL

USING BASIC DRILLS 1.2.3 / 2.3.4 / 3.4.5 / 4.5.6 / 5.6.1

WITH BASIC FOLLOW UP

2.6. ELASTICO

STATIC

2.6.1. EVADE ONLY

2.6.2. COUNTER STRIKE TO THE ARM

2.6.3. FREE COUNTER STRIKE

WITH FRONT LEG RETRACTING

2.6.4. EVADE ONLY

2.6.5. COUNTER STRIKE TO THE ARM

2.6.6. FREE COUNTER STRIKE

III. KADENA DE MANO

3.1. KADENA DE MANO APPLICATION AGAINST JAB USING SINAWALI N°4

3.1.1. ENTRY N°1 - PARRY / CHECK

EXAMPLE N°1 THROUGH N°4

3.1.2. ENTRY N°2 - PARRY / GUNTING

EXAMPLE N°1 THROUGH N°4

3.2. HUBUD BASIC DRILL N°1 THROUGH N°4

3.3. HUBUD COUNTER N°1

OUTSIDE COUNTER W/THE RIGHT FOREARM

3.3.1. BLOCK ON THE CENTERLINE

ENTRY N°1 - RIGHT FOREARM / CLEAR W/THE LEFT HAND /

RIGHT FOREARM COUNTER

ENTRY N°2 - RIGHT FOREARM / FINGER JAB W/THE LEFT / CLEAR W/THE SAME HAND

/ RIGHT FOREARM COUNTER

3.3.2. GRAB ON THE CENTERLINE

ENTRY N°3 - RIGHT FOREARM / PULL W/THE SAME ARM VS GRAB

/ SIMULTANEOUS LEFT STRAIGHT PUNCH / CLEAR W/THE SAME HAND

/ RIGHT STRAIGHT PUNCH COUNTER

IV. PANANTUKAN

4.1. DEMONSTRATE BASIC PUNCH

UPPERCUT

4.2. DEMONSTRATE BASIC BLOCKS

SHOULDER ROLL / PALM DOWN BLOCK

4.3. CROSS DRILL

4.3.1. USING HOOK

4.3.2. USING UPPERCUT

4.4. BASIC COMBINATION WITH PARTNER

EXAMPLE N°1

ATTACKER - JAB / CROSS / JAB

DEFENDER - CATCH / PARRY / BLOCK

EXAMPLE N°2

ATTACKER - JAB / CROSS / HOOK W/THE FRONT HAND TO THE FACE

DEFENDER - CATCH / PARRY / COVER BLOCK

EXAMPLE N°3

ATTACKER - JAB / CROSS / HOOK W/THE FRONT HAND TO THE FACE / CROSS

DEFENDER - CATCH / PARRY / COVER BLOCK / SHOULDER ROLL

4.5. FOCUS GLOVES

4.5.1. BASIC COMBINATION DRILL

DRILL N°9 - JAB / CROSS / UPPERCUT W/THE FRONT HAND

DRILL N°10 - CROSS / UPPERCUT W/THE FRONT HAND / CROSS

DRILL N°11 - UPPERCUT W/THE FRONT HAND / CROSS /

UPPERCUT W/THE FRONT HAND

DRILL N°12 - UPPERCUT W/THE FRONT HAND /

UPPERCUT W/THE REAR HAND / UPPERCUT W/THE FRONT HAND

4.5.2. FIVE COUNT SIMULTANEOUS DODGE COUNTER DRILL

USING JAB AND CROSS

4.5.3. CHAINING DRILL

EXAMPLE N°1 - TWO COUNT DODGING ROLL DRILL / BASIC COMBINATION DRILL N°11 / SLIDE BACK TO YOUR GUARD

EXAMPLE N°2 - TWO COUNT DODGING ROLL DRILL / SIMULTANEOUS JAB COUNTER TO THE RIBS / BASIC COMBINATION DRILL N°10 / TWO COUNT DODGING DRILL / SLIDE BACK TO YOUR GUARD

EXAMPLE N°3 - ONE COUNT DODGING ROLL DRILL / SIMULTANEOUS CROSS COUNTER TO THE LIVER / ONE COUNT SHOULDER ROLL / BASIC COMBINATION DRILL N°6 / 2 COUNT DODGING DRILL / SLIDE BACK TO YOUR GUARD

V. SIKARAN

5.1. BASIC KICKS

SIDEKICK / OPEN SIDEKICK

5.2. BASIC FOOTWORKS

5.2.1 POWER STEP

5.2.2 FULL STEP

5.3. BASIC FOUR COUNTS COMBINATIONS

EXAMPLE N°1 - START WITH FRONT LEG

ATTACKER - LOW KICK W/THE FRONT LEG / CROSS / JAB

/ LOW KICK W/THE REAR LEG

DEFENDER - LIFT THE FRONT LEG / PARRY / PARRY / GO W/THE FORCE

EXAMPLE DRILL N°2 - START WITH FRONT HAND

ATTACKER - JAB / LOW KICK W/THE REAR LEG

/ MEDIUM ROUNDHOUSE KICK W/THE FRONT LEG / CROSS

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

EXAMPLE DRILL N°3 - START WITH REAR LEG

ATTACKER - MEDIUM ROUNDHOUSE KICK W/THE REAR LEG / JAB / CROSS

/ MEDIUM ROUNDHOUSE KICK W/THE FRONT LEG

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

EXAMPLE N°4 - START WITH REAR HAND

ATTACKER - CROSS / HOOK W/THE FRONT HAND

/ MEDIUM ROUNDHOUSE KICK W/THE REAR LEG / LOW KICK W/THE FRONT LEG

DEFENDER - PARRY / COVER BLOCK / BLOCK W/THE FOREARM

/ LIFT THE FRONT LEG OR GO WITH THE FORCE

5.4. EVADE DRILL AGAINST FRONT KICK

ATTACKER GIVES FRONT KICK W/THE FRONT AND THE REAR LEG
DEFENDER USES SCOOP 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

5.4.4. ONE KICK, TWO PUNCHES, ONE KICK

COUNTER KICKS USE ONLY LOW, MEDIUM AND HIGH ROUNDHOUSE KICK.
COUNTER PUNCH USING JAB, CROSS, HOOK AND UPPERCUT.

VI. SPARRING DRILL

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

1.1

USING JAB, CROSS, HOOK OR UPPERCUT

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

1.1

USING LOW, MEDIUM OR HIGH ROUNDHOUSE KICK.

AND JAB, CROSS, HOOK OR UPPERCUT

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).