



## **KALI SIKARAN PHASE THREE**

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# KALI SIKARAN PHASE THREE

## I. DOBLE BASTON

- 1.1. SINAWALI N°3 THROUGH N°8
  - 1.1.1. INAYAN SINAWALI N°3
  - 1.1.2. SINAWALI N°4
  - 1.1.3. INAYAN SINAWALI N°5
  - 1.1.4. SINAWALI N°6
  - 1.1.5. INAYAN SINAWALI N°7
  - 1.1.6. INAYAN SINAWALI N°8
- 1.2. CHAINING PRINCIPLE
  - CHAINING 3 TO 5 DRILLS
  - USING ALL SINAWALI DRILLS

## II. SOLO BASTON

- 2.1. AMARA DRILL N°2
- 2.2. DEMONSTRATE FOLLOW UP APPLICATION
- 2.3. BLOCK CHECK AGAINST ANGLES N°1 THROUGH N°10
  - 2.3.1. BLOCK POINT UP WITH BASIC FOLLOW UP
  - 2.3.2. BLOCK POINT DOWN WITH BASIC FOLLOW UP
  - 2.3.3. THREE COUNT BLOCKING DRILL
  - WITH BASIC DRILLS 1.2.3 / 2.3.4 / 3.4.5 / 4.5.6 / 5.6.1
  - USING BLOCK CHECK POINT UP OR POINT DOWN WITH BASIC FOLLOW UP
  - 2.3.4. DEMONSTRATE TARGET FROM BASIC FOLLOW UP
- 2.4. SNAKE DISARMS AGAINST ANGLES N°1 THROUGH N°6
  - 2.4.1. SNAKE DISARM. BLOCK POINT UP
  - 2.4.2. SNAKE DISARM. BLOCK POINT DOWN
- 2.5. PUNIO SUMBRADA
  - STARTING ON ANGLE N°3
  - EMPTY HAND AGAINST SOLO BASTON
- 2.6. CLOCKWISE STRIP DISARMS WITH YOUR OPPONENT'S BODY
  - 2.6.1. BLOCK / CLOCKWISE STRIP DISARM WITH YOUR OPPONENT'S BODY
  - 2.6.2. BLOCK WITH SIMULTANEOUS COUNTER STRIKE /
  - CLOCKWISE STRIP DISARMS WITH YOUR OPPONENT'S BODY / FREE COUNTER STRIKES

## III. DAGA

- 3.1. DEMONSTRATE BASIC ANGLES N°1 THROUGH N°5
  - HEAVEN GRIP AND EARTH GRIP
- 3.2. CLOCKWISE DISARM " HEAVEN GRIP "
  - 3.2.1. STRIP DISARM W/THE OPPONENT'S BODY
  - 3.2.2. STRIP DISARM W/THE OPPONENT'S BODY DRILL
  - PARTNER FEEDS W/THE RIGHT AND THE LEFT HAND

## IV. KADENA DE MANO

- 4.1. KADENA DE MANO APPLICATION AGAINST JAB USING SINAWALI N°4
  - 4.1.1. ENTRY N°1 - PARRY / CHECK
  - 4.1.2. ENTRY N°2 - PARRY / GUNTING
  - 4.1.3. ENTRY N°3 - PARRY / REDIRECT
  - 4.1.4. ENTRY N°4 - VARIATION N°1
  - OUTSIDE PARRY / CHECK
  - 4.1.5. ENTRY N°4 - VARIATION N°2
  - OUTSIDE PARRY / CHECK / PASS OVER REDIRECT IN AND OUT
  - 4.1.6. ENTRY N°4 - VARIATION N°3
  - OUTSIDE PARRY / CHECK / PASS UNDER REDIRECT IN AND OUT
- 4.2. HUBUD BASIC DRILL N°1 THROUGH N°8
- 4.3. HUBUD COUNTER N°1
  - OUTSIDE COUNTER W/THE RIGHT FOREARM
  - 4.3.1. 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

**4.3.2. GRAB ON THE CENTERLINE**

**ENTRY N°3** - RIGHT FOREARM / PULL W/THE SAME ARM VS GRAB / SIMULTANEOUS LEFT STRAIT PUNCH / CLEAR W/THE SAME HAND / RIGHT STRAIT PUNCH COUNTER

**4.3.3. PASSING OVER THE CENTERLINE**

**ENTRY N°4** - RIGHT FOREARM / FINGER JAB W/THE LEFT HAND / RIGHT FOREARM COUNTER

**4.3.4. GRAB AND PASS OVER THE CENTERLINE**

**ENTRY N°5** - RIGHT FOREARM / ROLL OVER W/THE SAME ARM VS GRAB / DOWNWARD HAMMER FIST COUNTER W/THE SAME ARM

**V. PANANTUKAN**

**5.1. DEMONSTRATE BASIC PUNCH**

OVERHEAD

**5.2. DEMONSTRATE BASIC ESCAPES**

LEAN BACK / DODGE / BOB AND WEAVE

 **5.3. BASIC COMBINATION WITH PARTNER**

**EXAMPLE N°1**

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

**DEFENDER** - CATCH / DODGE / BOB AND WEAVE / SHOULDER ROLL

**EXAMPLE N°2**

**ATTACKER** - JAB / CROSS / UPPERCUT W/THE FRONT HAND TO THE FACE / CROSS

**DEFENDER** - CATCH / PARRY / PALM DOWN BLOCK / SHOULDER ROLL

**EXAMPLE N°3**

**ATTACKER** - JAB / CROSS / HOOK W/THE FRONT HAND TO THE BODY

HOOK W/THE FRONT HAND TO THE FACE

**DEFENDER** - CATCH / DODGE / BLOCK W/THE FOREARM / COVER BLOCK

**5.4. FOCUS GLOVES**

 **5.4.1. BASIC COMBINATION DRILL**

**DRILL N°13** - OVERHEAD W/THE REAR HAND / UPPERCUT W/THE FRONT HAND / OVERHEAD W/THE REAR HAND

**DRILL N°14** - UPPERCUT W/THE FRONT HAND / OVERHEAD W/THE REAR HAND / UPPERCUT W/THE FRONT HAND

**DRILL N°15** - HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE SAME HAND TO THE FACE

**DRILL N°16** - HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE REAR HAND TO THE FACE / HOOK W/THE FRONT HAND TO THE BODY

**DRILL N°17** - HOOK W/THE FRONT HAND TO THE FACE / HOOK W/THE REAR HAND TO THE BODY / HOOK W/THE FRONT HAND TO THE FACE

**5.4.2. BASIC BOB AND WEAVE DRILL**

 **5.4.2.1. DRILL N°1 AGAINST RIGHT HOOK \* 45 °**

BOB AND WEAVE / SLIDE IN / COVER BLOCK / HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE SAME HAND TO THE FACE / SLIDE BACK TO YOUR GUARD

**DRILL N°2 AGAINST LEFT HOOK \* 45 °**

BOB AND WEAVE / STEP IN / COVER BLOCK / HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE SAME HAND TO THE FACE / STEP BACK TO YOUR GUARD

 **5.4.2.2. DRILL N°3 AGAINST RIGHT HOOK AND LEFT HOOK**

BOB AND WEAVE / UPPERCUT W/THE FRONT HAND / BOB AND WEAVE / CROSS / HOOK W/THE FRONT HAND / CROSS / SLIDE BACK TO YOUR GUARD

**DRILL N°4 AGAINST LEFT HOOK AND RIGHT HOOK**

BOB AND WEAVE / UPPERCUT W/THE REAR HAND / BOB AND WEAVE / HOOK W/THE FRONT HAND / CROSS / HOOK W/THE FRONT HAND / SLIDE BACK TO YOUR GUARD

 **5.4.2.3. DRILL N°5 AGAINST RIGHT HOOK \* 180 °**

BOB AND WEAVE / SLIDE IN / HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE SAME HAND TO THE FACE / CROSS

/ HOOK W/THE FRONT HAND TO THE FACE / CROSS / SHOULDER ROLL / CROSS / SLIDE BACK TO YOUR GUARD

**DRILL N°6 AGAINST LEFT HOOK \* 180 °**



BOB AND WEAVE / STEP IN / HOOK W/THE FRONT HAND TO THE BODY / HOOK W/THE SAME HAND TO THE FACE / CROSS

/ HOOK W/THE FRONT HAND TO THE FACE / CROSS / SHOULDER ROLL / CROSS / STEP BACK TO YOUR GUARD

## VI. DUMOG

-  **6.1. BASIC RELEASE AGAINST HAND GRAB**
  - 6.1.1 CLOCKWISE RELEASE
  - 6.1.2 COUNTER CLOCKWISE RELEASE

## VII. SIKARAN

-  **7.1. BASIC KNEES**  
FRONT KNEE / REAR KNEE
-  **7.2. BASIC FOUR COUNT COMBINATIONS WITH KNEES**
  - EXAMPLE N°1 - START WITH FRONT LEG**  
**ATTACKER** - KNEE W/THE FRONT LEG / CROSS /  
 HOOK W/THE FRONT HAND / LOW KICK W/THE REAR LEG  
**DEFENDER** - BLOCK / SHOULDER ROLL / COVER BLOCK / BLOCK W/THE LEG
  - EXAMPLE N°2 - START WITH FRONT HAND**  
**ATTACKER** - JAB / LOW KICK W/THE REAR LEG / KNEE W/THE FRONT LEG / CROSS  
**DEFENDER** - CATCH / BLOCK W/THE LEG / BLOCK / DODGE
  - EXAMPLE N°3 - START WITH REAR LEG**  
**ATTACKER** - LOW KICK W/THE REAR LEG / JAB / CROSS  
 / KNEE W/THE FRONT LEG  
**DEFENDER** - BLOCK W/THE LEG / PARRY / PARRY / BLOCK REDIRECT
  - EXAMPLE N°4 - START WITH REAR HAND**  
**ATTACKER** - CROSS / HOOK W/THE FRONT HAND / KNEE W/THE REAR LEG  
 / LOW KICK W/THE FRONT LEG  
**DEFENDER** - PARRY / COVER BLOCK / BLOCK REDIRECT / GO W/THE FORCE
- 7.3. EVADE DRILL AGAINST MEDIUM ROUNDHOUSE KICK**  
 ATTACKER GIVES ROUNDHOUSE KICK W/THE FRONT AND THE REAR LEG  
 DEFENDER USES SCOOP OR OUTSIDE PARRY W/THE FOREARM AND COUNTERS WITH
  - 7.3.1. TWO KICKS
  - 7.3.2. ONE KICK, TWO OR THREE PUNCHES
  - 7.3.3. TWO OR THREE PUNCHES, ONE KICK
  - 7.3.4. ONE KICK, TWO PUNCHES, ONE KICK
- 7.4. ZONING DRILL AGAINST MEDIUM ROUNDHOUSE KICK**  
 ATTACKER GIVES ROUNDHOUSE KICK W/THE FRONT AND THE REAR LEG  
 DEFENDER COUNTERS WITH
  - 7.4.1. TWO KICKS
  - 7.4.2. ONE KICK, TWO OR THREE PUNCHES
  - 7.4.3. TWO OR THREE PUNCHES, ONE KICK
  - 7.4.4. ONE KICK, TWO PUNCHES, ONE KICK

## VIII. SPARRING DRILL

- 8.1. PANANTUKAN BASIC SPARRING DRILL N°2 - LIGHT CONTACT**
    - 1.1.2
    - 1.1.3
    - USING JAB, CROSS, HOOK OR UPPERCUT
  - 8.2. SIKARAN BASIC SPARRING DRILL N°2 - LIGHT CONTACT**
    - 1.1.2
    - 1.1.3
    - USING FRONT KICK, ROUNDHOUSE KICK, SIDEKICK OR  
 OPEN SIDEKICK AND JAB, CROSS, HOOK OR UPPERCUT
- EACH CANDIDATE HAS TO PERFORM 3 ROUNDS OF 1:30 MINUTE.  
 1:00 MINUTE BREAK BETWEEN EACH ROUND. THE TASK FOR EACH ROUND  
 WILL BE CHOSEN BY THE EXAMINER(S).

VIDEO CODING. PHASE / CATEGORY / CLIP NUMBER

CATEGORY CODE.

DB / DOBLE BASTON    DG / DAGA    DM / DUMOG    KDM / KADENA DE MANO  
 S / SIKARAN    SB / SOLO BASTON    P / PANANTUKAN