



KALI SIKARAN PHASE FOUR

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I. DOBLE BASTON

1.1. SINAWALI N°6 VARIATIONS

ABANICO VARIATIONS

1.1.1. 3 COUNT ON STRIKE NUMBER ONE / STANDARD

1.1.2. 3 COUNT ON STRIKE NUMBER ONE, TWO AND THREE

1.1.3. 3 COUNT WITH DOUBLE STRIKES ON COUNT TWO

DUNGA

1.1.4. STAB ON STRIKE NUMBER ONE / STANDARD

1.1.5. STAB ON STRIKE NUMBER ONE, TWO AND THREE

DUNGA REDONDO

1.1.6. STAB AND REDONDO WITH SAME HAND ON NUMBER ONE AND NUMBER FOUR

ABANICO REDONDO

1.1.7. 2 COUNT ABANICO AND REDONDO WITH SAME HAND ON NUMBER ONE AND NUMBER FOUR

1.2. BASIC BLOCKING DRILL

USING ANGLES 1.2.7.8

1.3.1. BLOCK / COUNTER STRIKE

1.3.2. BLOCK / CLEAR / COUNTER STRIKE

1.3.3. PARRY / SIMULTANEOUS COUNTER

1.3.4. CROSADA BLOCK / FLIP HIT / CLEAR W/THE SAME HAND / 3 COUNT COUNTER STRIKES

II. SOLO BASTON

2.1. AMARA DRILL N°3

2.2. DEMONSTRATE BLOCK TRAP AGAINST ANGLES N°1 THROUGH N°6

2.3. BLOCKING REACTION - THREE COUNT RANDOM BLOCKING DRILL

USING ANGLES N°1 THROUGH N°6

2.3.1. WITH BASIC DRILLS 1.2.3 / 2.3.4 / 3.4.5 / 4.5.6 / 5.6.1

2.3.2. WITH FREE ANGLES OF ATTACK

USING BLOCK CHECK POINT UP OR POINT DOWN

REINFORCED BLOCK WITH BASIC FOLLOW UP

2.4. CROSADA DISARMS AGAINST ANGLES N°1 THROUGH N°6

2.4.1. CROSADA DISARMS. BLOCK POINT UP

2.4.2. CROSADA DISARMS. BLOCK POINT DOWN

2.5. PUNIO SUMBRADA

ABECEDARIO / PUNIO SUMBRADA

ENTRY VARIATIONS

EMPTY HAND AGAINST SOLO BASTON

2.6. CLOCKWISE STRIP DISARMS WITH YOUR FOREARM

2.6.1. BLOCK / CLOCKWISE STRIP DISARM WITH YOUR FOREARM

2.6.2. BLOCK WITH SIMULTANEOUS COUNTER STRIKE / CLOCKWISE STRIP DISARMS WITH YOUR FOREARM / FREE COUNTER STRIKES

III. DAGA

3.1. CLOCKWISE DISARM * HEAVEN GRIP *

3.1.1. STRIP DISARM W/THE FOREARM

3.1.2. STRIP DISARM W/THE FOREARM DRILL

PARTNER FEEDS W/THE RIGHT AND THE LEFT HAND

3.2. CLOCKWISE DISARM * EARTH GRIP *

3.2.1. STRIP DISARM W/THE SIDE HAND

3.2.2. STRIP DISARM W/THE SIDE HAND DRILL

PARTNER FEEDS W/THE RIGHT AND THE LEFT HAND

IV. KADENA DE MANO


4.1. KADENA DE MANO APPLICATION AGAINST JAB AND CROSS USING SINAWALI N°4

ENTRY N°1 - PARRY / GUNTING / REDIRECT IN AND OUT W/THE SAME HAND





ENTRY N°2 - PARRY / PULL

ENTRY N°3 - PARRY / GUNTING / BLOCK AND LOCK

ENTRY N°4 - PARRY / GUNTING / BLOCK / REDIRECT IN AND OUT W/THE SAME HAND

-  **4.2. HUBUD BASIC DRILL N°1 THROUGH N°8**
LINK RIGHT TO LEFT / LEFT TO RIGHT
- 4.3. HUBUD COUNTER N°1**
OUTSIDE COUNTER W/THE RIGHT FOREARM
ENTRIES N°1 THROUGH N°5


V. PANANTUKAN

-  **5.1. BASIC COMBINATION WITH PARTNER**
EXAMPLE N°1 THROUGH EXAMPLE N°3
- 5.2. FOCUS GLOVES**
 -  **5.2.1. BASIC BLOCKING COMBINATION DRILL USING SINAWALI N°4**
DRILL N°1 - COVER BLOCK W/THE FRONT ARM /
COVER BLOCK W/THE SAME ARM / COVER BLOCK W/THE REAR ARM
/ BOB AND WEAVE
DRILL N°2 - COVER BLOCK W/THE FRONT ARM /COVER BLOCK W/THE SAME ARM
/ BOB AND WEAVE / COVER BLOCK W/THE REAR ARM
DRILL N°3 - COVER BLOCK W/THE FRONT ARM
/ PALM DOWN BLOCK W/THE SAME ARM / COVER BLOCK W/THE REAR ARM
/ BOB AND WEAVE
 -  **5.2.2. CHAINING DRILL USING BASIC BLOCKING DRILL**
EXAMPLE N°1
SINAWALI BLOCKING COMBINATION DRILL N°1 / BASIC COMBINATION DRILL N°6
/ SLIDE BACK TO YOUR GUARD
EXAMPLE N°2
SINAWALI BLOCKING COMBINATION DRILL N°2 / BASIC COMBINATION DRILL N°7
/ TWO COUNTS DODGING DRILL / SLIDE BACK TO YOUR GUARD
EXAMPLE N°3
THREE COUNTS DODGING DRILL / SINAWALI BLOCKING COMBINATION DRILL N°3
/ BASIC COMBINATION DRILL N°10 / CATCH / TWO COUNTS DODGING DRILL
/ SLIDE BACK TO YOUR GUARD
 -  **5.2.3. REACTION DRILL COMBINATION**
DRILL N°1 THROUGH N°6

VI. DUMOG

-  **6.1. BASIC RELEASE AGAINST DOUBLE HANDS GRAB**
 - 6.1.1 PUSH AND PULL**
 - 6.1.2 PASS OVER AND CLEAR**
 - 6.1.3 IN AND OUT**

VII. SIKARAN

-  **7.1. BASIC FIVE COUNTS COMBINATIONS**
 - EXAMPLE N°1 - START WITH FRONT LEG**
ATTACKER - LOW KICK W/THE FRONT LEG / CROSS / HOOK W/THR FRONT HAND
/ LOW KICK W/THE REAR LEG / LOW KICK W/THE FRONT LEG
DEFENDER - LIFT THE FRONT LEG / PARRY / COVER BLOCK / BLOCK W/THE LEG
/ EVADE
 - EXAMPLE N°2 - START WITH FRONT HAND**
ATTACKER - JAB / OPEN SIDEKICK W/THE REAR LEG / LOW KICK W/THE FRONT LEG
/ CROSS / MEDIUM ROUNDHOUSE KICK W/THE FRONT LEG
DEFENDER - PARRY / BLOCK W/THE LEG / BLOCK W/THE LEG / PARRY
/ BLOCK W/THE FOREARM
 - EXAMPLE N°3 - START WITH REAR LEG**
ATTACKER - MEDIUM ROUNDHOUSE KICK W/THE REAR LEG
/ HOOK W/THR FRONT HAND / OPEN SIDEKICK W/THE REAR LEG
/ LOW KICK W/THE FRONT LEG / CROSS
DEFENDER - BLOCK W/THE FOREARM / COVER BLOCK / BLOCK W/THE LEG
/ BLOCK W/THE LEG / DODGE
 - EXAMPLE N°4 - START WITH REAR HAND**
ATTACKER - CROSS / HOOK W/THE FRONT HAND / LOW KICK W/THE REAR LEG
/ MEDIUM ROUNDHOUSE KICK W/THE FRONT LEG / CROSS
DEFENDER - PARRY / COVER BLOCK / BLOCK W/THE LEG / BLOCK W/THE FOREARM
/ DODGE

7.2. COUNTER DRILL AGAINST LOW KICK**7.2.1. SHOW BASIC LOW KICK COUNTERS**

STOP KICK TO THE LEG, STOP KICK TO THE BODY, OPEN SIDEKICK TO THE LEG, SHIN BLOCK, GO W/THE FORCE, GO AGAINST THE FORCE, EVADE.

7.2.2. COUNTER DRILL AGAINST LOW KICK

FREE COUNTER STRIKES WITH OR WITHOUT KNEES

7.3. CHAINING PRINCIPLE

CHAINING ZONING DRILL AGAINST MEDIUM ROUNDHOUSE KICK

AND EVADE DRILL AGAINST LOW KICK

ATTACKER GIVES ROUNDHOUSE KICK OR LOW KICK W/THE FRONT OR THE REAR LEG

DEFENDER 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**

FREE COUNTER STRIKE WITH OR WITHOUT KNEES

VII. SPARRING DRILL**8.1. PANANTUKAN BASIC SPARRING DRILL N°3 - LIGHT CONTACT****1.1.2.1****1.1.3.1****8.2. SIKARAN BASIC SPARRING DRILL N°3 - LIGHT CONTACT****1.1.2.1****1.1.3.1**

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).