

Defensor Method Requirements: Level IB

Sticks:

Serrada angles 1-12

Defensor angles of attack 1-12

Largo mano 1-5

- Down, up, up, down, lunge; (1, 7, 6, 2, 5)

Stick Drills:

Up/down Figure-8

Bamboo (4)

- Bamboo is like Y; a figure-8 with a 3rd stroke returning the 2nd
- Bamboo: #1, #2, #6
- Inverse Bamboo: #6, #7, #1
- Inverse Reverse Bamboo: #7, #6, #2

V cuts

- Like figure-8, but in close, w/ elbow close to chest.

Witik/Labtik

- Witik is fan & return, Labtik is fan & follow through.

Kob Kob

- Punch training drill; Angles 1, 3, 6 w/ each hand

Single Sinawali

- High forehand - low backhand w/ each hand

Double Sinawali

- Flowing 6 count

Heaven/Standard/Earth

- Drill each combination of H/S/E & triangle footwork; Drill Standard while moving around, standing, kneeling, lying down.

Roof 6

Witik Series

- HHH, HHL, HLH, HLL, LHH, LHL, LLH, LLL; Drill twice, w/ leading forehand and backhand

Strikes

Hubad Lubad

- Tie/Untie, fade/unfade; block, lift over, trap; Pass, Hambak, Stop; Both RH & LH

Punyo Sumbrada

- Cross block, punyo, witik, palosut (scissor), #5, trap, wing...

3-1-2 Sumbrada