

Defensor Method Requirements: Level IC

Counters:

Figure eight counters for angles 1-5
One inside one outside per angle

Basic Disarms for angles 1-5:

Snake

- circle w/ live hand

Strip

- pull it straight out
- Strip in 4 directions: N, S, E, & W

Vine

- lever it out with stick (essentially just a snake done with the stick or RH)
Vine in 2 directions: Over & Under; can lead with either Punto or Punyo for each

Knife:

SakSak/Pakal

- Hammer/IcePick/Fencing grips

Palusot/Panastas/Dungab

- Swim/slash/stab; Also practice w/ empty hands against knife.

Knife tapping, triple taps- optional

- Use back of hand / outside of forearm; eyejabs

Hubad Lubad

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

Fraile against Knife

- Friar or Monk style. Scissor everything.

Snake

- circle w/ live hand

Strip

- pull it straight out

Vine

- lever it out

Basic Rules of Knife Fighting::

#1 Run away

#2 Always use a weapon

Pentjak-Silat:

Inside / Outside / Reverse Puter-Kapala

- Standard = head forward under armpit; Reverse = head backward under armpit.

3 takedowns

- Figure Four & Walkthrough; head & throw; armdrag; head-hip; arm-pendulum

Principals:

Honor Instructor - very very important

Train in Three's

- expand skills by utilizing differences in timing, styles, reaches, skills, etc...

Centerline Energy, Concept of inside/outside, Arc of Power, Zero Pressure, Angles of Attack

Emphasis is on practical self defense.

- Daily drills focus on real situation. Only previously experienced students will appreciate the theoretical knowledge at this stage. Making the system appear practical to the novice should be the focus.