



# THE DEFENSOR METHOD

FILIPINO KALI-ESKRIMA ACADEMY OF CHICAGO

## DM Level I Requirements

### LEVEL ONE

#### THE BASICS

Duration: One Year  
Requirements  
Red Shirt  
Prepayment of Classes

#### OPEN HANDS

Western boxing/Panantukan Combinations  
Jab/Cross/Hook  
Uppercut/Uppercut/Uppercut  
Hook/Cross/Hook  
Chut Chun Choi  
Hubad Lubad  
Etc.

#### FOOTWORK

Kali triangle Footwork  
Muay Thai Box Stepping  
Shuffle step  
Switch Leads  
Cross Step

#### KICKS/SIKARAN

Thai Roundhouse  
Push Kick/Foot Jab  
Tadyak/Oblique  
Thai Knee  
Low Side Kick/Dongab

#### WARM-UPS

Stick twirls left and right  
Stick passes  
Figure eights  
Basic footwork



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### STICKS

Defensor angles of attack 1-12  
Largo mano 1-5  
Drills  
Up/down Figure 8  
V cuts  
Witik/Laptik  
Kob Kob  
Single Sinawali  
Double Sinawali  
Heaven/standard/earth  
Roof 6  
Witik Series  
Hubad Lubad  
Punyo Sumbrada  
3-1-2 Sumbrada  
Counters  
Figure eight counters for angles 1-5  
One inside one outside per angle  
Basic Disarms for angles 1-5  
Snake Circle  
Strip  
Vine

### KNIFE

SakSak/Pakal  
Palosut/Panastas/Dungab  
Knife tapping, triple taps- optional  
Hubad Lubad  
Fraile (scissors) against Knife  
Same disarms as above  
Basic Rules of Knife fighting  
#1 Run away  
#2 Always use a weapon



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### SELF DEFENSE SITUATION DRILLS

Hand Grab  
Left to Right  
Right to Right  
Two hands against One  
Break from Choke/Shirt grab  
Break from bear hug  
Break from head lock  
Escape from mount and guard - optional  
Counter to two hand push  
Counter to 2-Hand Choke  
Counter to Jab/Cross/Slap (single direct attack)  
Counter to Sucker Punch  
Eye Poke/Songab  
Throat Punch  
Pinching/Biting

### PENTJAK-SILAT

\* Inside Outside Puter-Kapala  
3 takedowns  
\* optional

### PRINCIPALS

Honor Instructor (very very important)  
Train in Three's  
Centerline Energy  
Concept of inside/outside  
Arc of Power  
Angles of Attack

### EMPHASIS

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.