



THE DEFENSOR METHOD

FILIPINO KALI-ESKRIMA ACADEMY OF CHICAGO

DM Level II Requirements

LEVEL 2 REQUIREMENTS

After 6 Months to 1 Year, take this test. (Revised 5/11/01 Nd)

EMPTY HANDS

1. Any kick with a 1-2-3 hand combination
2. Sungob
3. Defensive moves-bob, slip, weave, duck, squat, hit the floor, roll, shoulder roll, cover, salute, parry, catch, shoulder stop, hambak (forearm roll), pass, swim blocks.
4. Advanced muay thai drills - about 6-8 combinations off Thai Pads/ Mitts: Recommended -
 - a) foot jab, double kick,
 - b) block a hit, double kick,
 - c) pull, double knee left/right, push, double kick
 - d) left parry off a left jab, down right elbow, pull, double knee L/R, pull/push, double kick
 - e) Feed left cut kick to inside of left leg, defense moves back left leg & delivers left double kick/Feed right cut kick to outside of left leg, defense shuffles back right rear leg and left leg slides back & right leg delivers double kick to pads.
 - f) Feed a left tap to chest, defense double parries left attack with a left right then delivers right upward knee, push then double kick.
4. Advanced mitt drill
5. Trapping - basic trapping. Hampak, Butong, Tiklod, Saggang, hambak, palusot, saludo, dakop, ala contra, saggang sagawas, walis, pasunod, sampal, pitik, libot, dagdag, ordabis, etc...
6. Entries-guntings, palusut, salute
7. 5 silat takedowns & 1 finishing technique



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SINGLE STICK

1. Angles 6-12 disarms- snake, strip, vine. Able to disarm with solo stick and empty hands.
2. Full sumbrada, 3-1-2 sumbrada, roof/1/drop/1/insidesweep/4 sumbrada.
3. Figure 8 counters for angles 6-12. Includes down/up/sunside/moonside/horizontal/horizontal-diagonals.
4. Largo mano 1-5, meet & follow. Stationary, moving forward, moving backward, and one-for-one.
5. Jab takedown drills, slash, overhand, uppercut, close spacing

DOUBLE STICK

1. 8 count- both sides
2. 4 count-both sides
3. Upward 6 count
4. All footwork with stick. Example: forward triangle, reverse, male/female, lateral, horseshoe, sempok/dempok, sidestep, chicken step, heel down sidestep, eskala pattern.
5. Double stick versus single stick. IE: six count versus solo baston, roof six vs solo baston, etc...
6. Fraile 1-5 counters
7. Double stick dummy

KNIFE

1. Single & double knife tapping
2. Attached/disattached
3. Knife to knife tapping-single
4. 6 finishing moves out of knife tapping. Instructor's discretion. Example: wrist lock, arm bar, return to sender, puter kapala, arm drag, figure 4, etc...
5. Basic echikite, Hubad Lubad with Knife.



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PRINCIPLES

1. 2 man attack (mass)
2. Coordination of hands & feet
3. Familiarity of vital points
4. Knowledge of FMA history & background