



THE DEFENSOR METHOD

FILIPINO KALI-ESKRIMA ACADEMY OF CHICAGO

DM Level III Requirements

LEVEL 3 REQUIREMENTS

From The Basics To Intermediate

Duration: About Two-3 Years

REQUIREMENTS

Red Shirt, Pass level I & II tests, Own equipment for training (Thai pads, sticks, dagger sticks, staff, focus mitts, boxing gloves, head gear, full-contact stickfighting equipment, pipes)

Prepayment of Classes

OPEN HANDS

Western boxing/Panantukan Combinations - able to do defensive moves with offensive moves shadow box, with mitts, and with live partners.

- able to open with tadyak, jeet kick, cut kick, tiger block to punching range
- able to transition from trap to box, from boxing to trapping, from trapping to locking

Walking forward/backward/stationary Chut Chun Choi

Hubad Lubad with solo stick, espada y daga, daga, & empty hands: able to do switches, elbows, knees, disarms, takedowns, transitions, etc...

Etc.

FOOTWORK

Kali triangle Footwork

Muay Thai Box Stepping, Muay Thai half shuffle, back shuffle, Forward shuffle attack to a double kick.

Shuffle step

Switch Leads

Cross Step

Clock System, Four Corners, Movement on your knees, Movement on the ground, fake takeoff, shuffle sidestep, horseshoe footwork, zoning footwork, eskala footwork pattern, (from foil like weapons or whip stick) lunging, ballestra, riposte. Walking Tiger (from Harimau), Four-Stepping (from Pusaka-Dwipantara).



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KICKS/SIKARAN

From Level I:

Thai Roundhouse
Push Kick/Foot Jab
Tadyak/Oblique
Thai Knee

Low Side Kick/Dongab

Plus: back kick, groin flick kick, hook kick, inverted cut kick, Silat front and back sweep, rolling tiger (from Harimau)

From Level I:

Warm-ups
Stick twirls left and right
Stick passes
Figure eights
Basic footwork

Plus:

Able to do Stick Karensa, Able to shadow box with hands and feet.
Florite, dolete, sungkite, bamboo, labtik, witik, redondo, abaniko, clock system, etc...

STICKS

Defensor angles of attack 1-12

Largo mano 1-5 plus Advance Largo Man

Serrada Counters from angle 1-4.

From Level I:

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.



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KNIFE

From Level I:

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

Level II:

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, ar drag, figure 4, etc...

5. Basic echikite, Hubad Lubad with Knife.

Plus:

1. Double Daggers Knife Tapping

2. snake, strip, vine, popcorn release, clap, return to sender, figure 4, straight arm bar, bent arm bar, stomach lock.

3. knife sparring with pads. Short stick sparring.

4. Knife Tapi-Tapi



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SELF DEFENSE SITUATION DRILLS

From Level I:

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

Level II: Under Principles

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

Plus:

1. counter to 1-2-3 combinations
2. counter to basic kicks: against front, roundhouse, sidekick, backkick, tadjak, spinning hook kick, any spinning kick, crescent kick, etc...
3. reverses for arm bar, bent arm bar, figure 4 lock, come alongs, wrist locks, full nelson, half nelson,
4. counters for knife in front of you, back and side
5. baseball bat counters
6. bayonet counters
7. handgun and rifle counters.



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PENTJAK-SILAT/DUMOG

Inside Outside Puter-Kapala:

Kinjut Siko/Reverse Kinjut Siko

Sapu Dalem/Sapu Luar

Bizet Dalem/Bizet Luar

Python

Inside/Outside Arm Drag

Facial Backward takedown.

Principles:

Honor Instructor (very very important), Honor seniors, family, tribe, nation, cosmos. Understanding of Karma. Preference to life over death and adherence to “natural laws”(ie..gravity, leverage, centrifugal force, recycling, zoning, etc...).

Train in Three’s, train in broken rhythm, able to deal with fakes and feints.

Centerline Energy, Triangular Pattern of Strikes, Circular Motion

Concept of inside/outside

Arc of Power

Angles of Attack, Meaning of 12, meaning of Threesomes, understanding counter for counter/recounter.

Emphasis:

Emphasis is on practical self defense. Daily drills focus on real situation & sharpen one’s attributes. Theoretical knowledge explored. Improve movements from Levels I & II. More serious training is recommended.

What to teach

See above



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MERCHANDISING:

How much to charge

By single class \$15.00 per 2 hour session

By month \$10 per session or \$40 per month for one day a week or \$80 per month for two days a week.

Private Lessons (see DM Events)

White shirts Charge \$50 in House (or house visit)

\$40 at schools

Videos \$30 each retail or sold locally

Thru mail: All tapes are \$25.00 each with \$1.00 shipping charge per video

T-Shirts \$10 each (plus \$2 shipping & handling) Sizes: XL

Sweat Pants \$25 (plus \$3 shipping & handling) Sizes: L, M, & XL

Sweat Shirts \$25 (plus \$3 shipping & handling) Sizes: L & XL

For T-shirts, Sweat Pants, and Sweat shirts make checks payable to: Richard Draney

Seminar with Guro \$650 plus expenses for weekend

Commission to Guro

20% of net on all merchandise and classes