



# THE DEFENSOR METHOD

FILIPINO KALI-ESKRIMA ACADEMY OF CHICAGO

## DM Level IV Requirements

### **LEVEL 4 REQUIREMENTS (04/04/2003, ND)**

#### **REQUIREMENTS:**

Red Shirt, Pass level I,II & III tests, Own equipment for training

(Thai pads, sticks, dagger sticks, staff, focus mitts, boxing gloves, head gear, full-contact stickfighting equipment, pipes, Training Bolo)

Proficient at Level III Material and able to demonstrate/teach/perform any skills and material in Level III.

#### **OPEN HANDS:**

Western boxing/Panantukan Combinations:

- Freelance Combinations
- Offensive combinations of 3, 5, & 6 beat
- One, Two, Three Kick Combo to 3,5,6 beat hand combinations.
- 2-3 beat Defense/Counters against 1,2 Combinations
- Able to transition from Complex trapping to box, from boxing to Complex trapping, from trapping to complex locking combinations.
- Kneeling, Lying, and Mount position Chut Chun Choi

Hubad Lubad with several types of weapons, able to do complex switches, elbows, knees, disarms, takedowns, transitions, etc...

5-Combinations of Trapping to Grappling Techniques.

- Ability to spar 3-rounds w/ gloves and headgear using hands only. Ability to spar open hand 1 round no gloves.
- Ability to spar 2-rounds w/ gloves and protective equipment using hands and feet. Spar for 1-round hands, feet, elbow, knees, & grapple versus 2 opponents.
- Panatukan Counters to Jab, Cross, Hook, Uppercut, Overhand - at least 3-each.
- Proficient use of heavy bag, focus mitt, air shield, and Thai Pads using Panatukan Combos.



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### FOOTWORK:

Switch Leads

Cross Step, Sempok, Dempok, Twist Step, Twist and Leap, Sempok/Dempok and Untwist.

Four-Stepping (from Pusaka-Dwipantara) with Partner and able to expand.

Sweeps Uphill and Downhill.

### KICKS/SIKARAN/MUAY THAI:

- Kick on One Leg for up to 1 - 2 rounds
- Able to play sipa. One, two, and three hit/beat combinations playing Sipa/Kick.
- Controlled Sikaran Match inside Circle for three 2 minute rounds. Plus 1 minute round versus two opponents.
- Three 3-Minute Rounds Using Kicks & Knees on ALL: Shield, Thai Pads, Heavy Bag, and Focus Mitts.
- Ability to use 5-counters for each Kick: Foot Jab, Round Kick, Tadjak, Dongab, Back Kick, Spin Kick.
- 2 Rounds of Elbows on Mitts, 2 rounds of Punching on Mitts, 2 Rounds of Shadow Boxing using all tools, 2 rounds of Knees only on Thai Pads

### SOLO BASTON DRILLS:

Defensor Method angles of attack 1-12

Largo mano 1-5 plus Advance Largo Mano. Media Largo. Flip/Hit Largo Mano. 3-Minutes Largo Mano One-for-One Match.

Proficient at Dos Manos Drills, Angles of Attack, Counters, Disarms, Footwork. Ability to do 3-Dos Manos flow drills (DM style).

Serrada Counters from angle 5-9. Serrada Inside/Outside counters from 5-9. Lock n' Block using angles 1-9. Advanced Lock n' Block using angles 5-9.

Ability to disarm angles 1-9, ability to do takedowns for angles 1-9 both stick and knife.

Basic Numerado Counters Angles 1-5.



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### **SUMBRADA:**

Sumbrada w/ Single Stick, Double Stick, Espada y Daga, Sibat/Staff, Dos Manos, Daga, Empty Hand.

4 Patterns of Sumbrada & Ability to free flow sumbrada

Ability to do three disarms for all angles in all 4 Sumbrada Patterns

Ability to do 1-takedown per angle in all 4 Sumbrada Patterns

Ability to incorporate kicks, leg maneuvers, and knees in all 4 sumbrada patterns.

### **ESPADA Y DAGA:**

5-Espada y Daga set patterns

3-Espada y Daga Kungsi

3-Espada y Daga Agaws for Angles 1-9

3-Espada y Daga counters for 2-beat attacks

3-Empty Hand Defenses versus Espada y Daga 2-Beat Attack

### **DOBLE BASTON:**

1. Ability do a Carensa using doble baston

2. Ability to Spar Doble Baston

3. 12 Count, 8-Count, 36 Count, Dodgeville 12-Count, DM Patterns of Doble Baston (at least 6).

4. Ability to do counters w/ doble baston for angles 1-9.



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### KNIFE:

1. Single & double tapping. Fake/Attach tapping. Saksak vs saksak, saksak vs pakal, pakal vs pakal double tapping.
2. Attached/disattached. Disattached defenses, using low line kicks when disattached, attached to trapping/grappling scenarios.
3. Knife to knife tapping-single & double knife tapping
4. 12 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. Plus 1- 2- & 3-beat Echikite.
6. Double Daggers Knife Tapping (at least 2 patterns)
7. Snake, strip, vine, popcorn release, clap, return to sender, figure 4, straight arm bar, bent arm bar, stomach lock.
8. knife sparring with pads. Short stick sparring. Spar w/ Knife versus long stick.
9. Knife Tapi-Tapi
  - Ability to demonstrate and elaborate on 12 Principles of Knife Fighting
  - Cut slice drill, double cut slice drill

### SELF DEFENSE SITUATION DRILLS:

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.
8. Reverses to sitting locks, Kneeling Locks, and Lying down positions.



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### **PENTJAK-SILAT/DUMOG:**

All Level 3 Pentjak-Silat requirements, ie...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.

Proficient at Djuroes & Sambots (at least 4-10).

### **PLUS:**

More takedowns - solo cup, (3) Harimau Takedowns. 2-Minute Dumog Match.