

Filipino Kali

Beginner Level I Test Requirements:

- 1. Kali Footwork**
- 2. Angles of Attack**
- 3. Double Stick**
- 4. Single Stick**
- 5. Knife**

1. Kali Footwork

- 1) Linear Footwork
 - a. Step & Slide
 1. Linear
 2. Lateral
 - b. Slide & Step
 - c. Push Shuffle Advance
 - d. Step Through
- 2) Open Triangle Footwork
 - a. Open Female Triangle
 - b. Open Male Triangle

2. Angles of Attack

- 1) Lacoste / Inosanto Angles of Attack 1-12
 - a. Forehand Diagonal Downward
 - b. Backhand Diagonal Downward
 - c. Forehand Horizontal
 - d. Backhand Horizontal
 - e. Straight Thrust
 - f. Overhand Thrust
 - g. Redondo
 - h. Sunkete
 - i. Forehand Low Diagonal Downward
 - j. Backhand Low Diagonal Downward
 - k. Forehand Diagonal Upward
 - l. Backhand Diagonal Upward

3. Double Stick

- 1) Half Circle / Full Circle
- 2) Full Step Ikis
- 3) Basic Sinawali Inosanto
 - a. Kop-Kop
 - b. Equis
 - c. High-Low-High
 - d. Doble Equis
 - e. Windshield Wiper
 - f. Abaniko
- 4) Basic Sinawali MANONUDA

- a. Kop-Kop (3 Levels)
- b. Ikis
- c. Reverse Ikis
- d. High-Low-High

4. Single Stick

- 1) Essential Strikes
 - a. Witik – Pull Back
 - b. Lobtik - Slash
 - c. Redondo – Circular Strike
- 2) Amarra #1
 - a. Angle #1
 - b. Angle #2
 - c. Angle #11
 - d. Redondo
- 3) Largo Mano Drills
 - a. Meet the Force
 - b. Follow the Force
- 4) Roof / Shield Cycle
- 5) Forehand Contradas
 - a. Diagonal Down (Hand)
 - b. Horizontal (Hand)
 - c. Diagonal Up (Hand)
 - d. Diagonal Down (Leg)
 - e. Horizontal (Body)
 - f. Diagonal Up (Body)
- 6) Backhand Contradas
 - a. Check & Hit
 - b. Low to High
 - c. High to Low
- 7) Medio Mano Deflections
 - a. Stick Up
 - b. Stick Down
- 8) Quick Strip Disarm
 - a. Quick Strip from Inside Deflection
 - b. Quick Strip from Outside Deflection

5. Knife

- 1) Knife Fanning 1-3
 - a. Basic Fanning
 - b. Checking
 - c. Finger Jab
- 2) Knife Disarms 1-4
 - a. Lacoste Strip
 - b. Lameco Strip (Switch)
 - c. Sungob Disarm
 - d. Sungob Disarm to Sempok & Stab Neck
- 3) Knife 12 Pattern Disarm 1-3
 - a. Ride & Strip Disarm

- b. Grab & Pass to Underhand Strip
 - c. Collapse Elbow, Lift Chin, And Stab Neck
- 4) Cadena de Mano 1-3
 - a. Palasut
 - b. Backhand
 - c. Thrust
- 5) Knife Abecedario Largo Mano
 - a. Meet the Force
 - b. Follow the Force
- 6) Knife Abecedario Medio Mano
 - a. Heaven Grip
 - b. Earth Grip