

PROGRESSIVE ARNIS

SYSTEM CURRICULUM



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Yellow Stripe **Basics of Foundational Movement**

Single Stick 11 Angles of Attack: two methods- 1) flow/ cut/ follow thru & 2) control

Four Foundational Footworks (**MOBILITY**) (right & left)

Tatsulok/ Triangle (X pattern- male/forward and female/backward triangles)

Pappitay/ Chicken Step (angular switch step)

Urong/ + sign (shuffles & side steps)

Quartering/ (side step and quarter turn)

11 Stances & The Stance Set (11 Angles of Attack with Stances) (**STABILITY**) (right & left)

1- Neutral Bow, 2- Forward Bow, 3- Reverse Bow, 4- Soft Bow, 5- Cat, 6- Crane,

7- High Twist, 8- Low Twist, 9- Seated Twist, 10- Horse, 11- Lying Leg

Single Stick Defenses and Counters (1-9: 1,2,3,4,5,7,6,8,9) (**DESTRUCTION/ DEFENSE**)

First Striking Pattern (Amaras Primero)- Downward Figure 8 (Ocho Ocho) "When in doubt, Ocho Ocho" Remy

Warm Ups- Full Body Joint Rotations (neck, shoulders, elbows, wrists, fingers, waist, hips, knees, ankles, toes)

Single Stick Up and Down Arco (outside and inside)

Single Stick Two Hand Shield Practice- add tatsulok

Yellow Belt

Double Stick Single Sinawali 1, 2, 3 and 4 count (start in open chamber)

(1-RHF/LHF, 2-RHF-RLB/LHF-LLB, 3-RHF-RLB-RHB/LHF-LLB-LHB, 4-RHF-RLB-RHB-RLF/LHF-LLB-LHB-LLF)

Empty Hand Applications of Single Sinawali 1, 2, 3 and 4 count (Patty Cake & Self-Defense)

1) direct hand parry/ arm break, 2) stop, pass, 3) stop, pass, (check), backhand, 4) 3 plus low forehand palm

Four Empty Hand Striking Drills (4 drills, 6 strikes)

(6 strikes: 1) up elbow, 2) down elbow point, 3) side elbow, 4) side elbow point, 5) straight knee, 6) cross kick)

Up elbow (Shuffle forward with Up Elbow & shuffle back with Down Elbow Point. 2 count shearing)

Side elbow (Shuffle forward with Side Elbow & shuffle back with Side Elbow Point & claw. 2 count shearing)

Straight Knee (thrusting hips and pulling hands into the center)

Cross Kick (using Tatsulok to step offline, kick back to the center)

Empty Hand Defenses and Counters (1-9) (**MA= Movement Alteration**)

Primary PA Concept: MSD Mobility- Stability- Destruction

You must MOVE! You must STABILIZE! You must HIT and DESTROY the target!



Orange Stripe

Basics of Counters

Single Stick 11 Angles of Attack: 3) snap, 4) stab thru & 5) stab retract ADD FOOTWORK TO STRIKES

Single Stick Foundation Form **SSFF** (Salute, 9 Stick Counters 1/2/3/4/5/7/6/8/9, Closing- Florette 1/cross, Florette 2 feet together)

Single Stick Disarms (Disarms while striking, striking while disarming)

Angle 1 Strip or 3/5/7/9/11, Angle 2 Ejection or 4/5/6/8/10 (main sword/knife disarm)

Angle 1 Snake (hitchhiker or grab) or 3/5/7/9/11, Angle 2 Snake (scoop/grab/thumb) or 4/5/6/8/10

Footwork (Reverse Pappitay, Cross Back and Cross Steps-3) (**MOBILITY**)

Double Stick Double Sinawali: Heaven Series (start in closed chamber) (empty hand appl.)

Heaven 6 (RHF, LHB, RHB/ LHF, RHB, LHB)

Heaven and Earth 6 (RHF, LLB, RHB/ LHF, RLB, LHB)

Earth 6 (RLF, LLB, RLB/ LLF, RLB, LLB)

Earth and Heaven 6 (RLF, LHB, RLB/ LLF, RHB, LLB)

Daga 11 Angles of Attack (shorter, tighter movements) 4 methods

Saber grip 2 methods: 1) flow/ cut and 2) stab thru (sak sak)

Ice pick grip 2 methods: 1) flow/ cut and 2) stab thru (pakal)

Basic Daga Sayaw (knife dance) (Stage 1- horse stance, out circle, palm up scoop, reciprocating thrust) (disarm/capture)
(Stage 2- pappitay vs. 11 Angles)

Empty Hand Foundation Form **EHFF** (Salute, 9 Empty Hand Counters, Block/Check/Elbow/Claw Close)(**MA**)

Empty Hand Stick Disarms- Strip, ejection and snakes (**MA**)

(strip and eject using various surfaces to disarm) (disarm to stick captures)

Orange Belt

Single Stick Combat Drills (3 drills)

Sumbrada Six (drop stick & low wing variations) 1/4/9 or 1/6/9

Higot Hubud Lubud (Hubud) angle 1 punyo

Punyo Rolling angle 2 punyo

Single Stick Largo Mano Basics (4 drills)(plus 2 with combo shuffle /cross)

1 & 2- shuffle or cross back with an angle 7 flow, shuffle or step forward with an angle 2 flow

3 & 4- shuffle or cross back with an angle 2 snap, shuffle forward with a vertical wetik

Espada y Daga 11 Angles of Attack- (daga thrust & retract after each angle. palm down odd, palm up even)

Espada y Daga- Crossada Basics (feed horizontal strikes: low right, low left, high right, high left)

Left/ dagger hand is below the right/ sword hand during crossing & uncrossing and footwork is opposite pappitay

Espada y Daga- Palis Palis Basics (feed high forehand & backhand, mid forehand & backhand, low forehand & backhand) Both hands pass high, pass high, stop & pass low, stop & pass low, pass low & pass low

Payong/Umbrella Drill (SS, DS, EYD, D, EH)(**MA**)

(**SS- Intro to Laban Laro**)

Empty Hand Flow Drills 1-5: 1) Hubud, 2) Gunting, 3) Pigil Bisig, 4) Tageen, 5) Single Hand Push Hands

Empty Hand Basic Natural Weapons- EH 11 Angles fingers to toes (Cadena de Mano/Suntukan)

(fingers, hands, wrists, elbows, shoulders, head, hips, knees, feet, Boxing: J/C/H/U & Triple Jab)

Basic Falling Drills - Back Breakfall & Side Breakfall-- seated, squatting and standing

- Shoulder Roll- kneeling (both or one knee), standing, jumping & breakfalling

- Front Fall- kneeling and standing - Back Roll



Purple Stripe Basics of Drills

Single Stick 11 Angles- all methods and footwork (plus punyo f/c/s, combo strikes, medio or reverse grip, etc...)
3 themes of creative use (method, pattern, zone)

Footwork (Tatsulok & Pappitay Variations, Drag Step/Push Drag/Scissor Step, Lutang/ Floating) (**MOBILITY**)

Single Stick Basic Striking Patterns: Amaras (10+ patterns)

Downward Figure Eight 1

Upward Figure Eight 2 (Ocho Ocho)

Side to Side 3 (Banda Y Banda)

Up and Down 4 (Rompida)(version 1/6 & 2/7)

Abaniko 5 (high, high/ low, low/ high, low)

Wetiks 6: backhand vertical, diagonal backhand, horizontal forehand, etc...

Redondo 7: vertical, diagonal- down & up, and horizontal (forehand & backhand)

Florette 8/ Dobleto 9 (forehand and backhand)

Sungkiti 10 (hooking thrusts) (forehand and backhand)

Power Strokes (1, 2, high 3, high 4)

Single Stick Amaras de Fondo (Tatang's blocking/ intercepting form, 14 counts)

Contradas Extensions 1-6 (Buno/ Silat) stick and empty hand versions (**TRP**)

1- arm drag Forward/Reverse-F/R 4- single leg takedown F/R

2- arm bar F/R 5- putar kepala F/R

3- outer wrist throw F/R 6- kengit siko F/R

Double Stick 11 Angles (and Double Stick Stance Set)

Double Stick Basic Cadena Sinawali- (Single Sinawali 1-4 count into Heaven 6 Series transition to 1-4 & repeat...)

Double Stick Defenses & Counters (1-9) (3 Basic Fighting Tactics: 1) like Single Stick, 2) Heaven Series, 3) Quintada)

Double Stick Foundation Form **DSFF** (Salute, Quintada 8 Opening, 9 Counters, Closing- Redondo 6)

Double Stick Double Sinawali:

Umbrella Six- Without footwork (circular) and with footwork (linear)
(RHF, LHB, RHF/ LHF, RHB, LHF)

Abaniko 10 (RHF, RHB, RHF, LHB, RHB/ LHF, LHB, LHF, RHB, LHB)

Abaniko 12 (RHF, RHB & LLB, RHF, LHB, RHB/ LHF, LHB & RLB, LHF, RHB, LHB)

Abaniko 40 Heaven (RHF, RHB, RHF, LHB, RHB/ LHF, LHB, LHF, RHB, LHB)

 Heaven & Earth (RHF, RLB, RHF, LHB, RHB/ LHF, LLB, LHF, RHB, LHB)

 Earth & Heaven (RLF, RHB, RLF, LHB, RHB/ LLF, LHB, LLF, RHB, LHB)

 Earth (RLF, RLB, RLF, LHB, RHB/ LLF, LLB, LLF, RHB, LHB)

Quintada 8 (LHB, RHF/ RHB, LHF/ LLB, RLF/ RLB, LLF)

Espada y Daga Coordination Sets (1)- 6 count, 5 count, 4 count, heaven 6, Linking...

Pakal Daga Progression (Ice Pick Knife Progression)- attacker sak sak (offensive), defender pakal (defensive)
(stage 1- Attacks 1,2,5,8,9; stage 2- Attacks 1-9, stage 3- random single attacks; stage 4- multiple attacks;
stage 5- add disarms, locks, throws, etc...)

Basic Langkas (Foot Drills) - Front sweep drill/ sapu langkas (two versions- crane or cross)
- Back sweep drill/ bizet langkas (sweep)



Purple Belt Basics of Drills continued...

Single Stick Sungkiti/ Tutsada (hooking thrust, stab thru, thrust thru,)

Counter by blocking (and checking), striking and sungkiti on the **3rd move** with your stick/sword

Counter by blocking (and checking), sungkiti on the **2nd move** and snap

Counter by sungkiti on the **1st move** (then checking) and snap

Single Stick Evade & Counter Drill- Stage 1 (2 strikes known)/ Stage 2 (2 strikes unknown)/ Stage 3 (2 types of strikes: baiting or committed)/ Stage 4 Estokada de Campo drills and Hand Sparring/ Stage 5 Roger Agbulos Lameco Astig Methodology 1:1, 2:1, 3:1 and Hand Sparring

Single Stick Full Sumbrada 1/4/5/8/9 or 1/6/5/8/9

Single Stick Punyo Sumbrada 1,3,5,7 or 9/wing block-punyo-wetik/palm stop-high wing-punyo/pass

Double Stick Shield Contradas- Angle 1 & 2 partner flow (Defend against Angles 1-11)

Double Stick drills with footwork:

SS 1-4 count and Heaven 6- quartering, tatsulok R/O, pappitay R/O, largo

Espada y Daga Crossada Progression (optional Lacoste Progression- 1/6/7/2/5/4/3/8... 11/10/9)

Partner Flow: One attacks 1, 2, 7, 6, 5. Other defends crossada. Random feed using position (stages: 1- crossada, 2- single stick counter*, 3- single daga*, 4- multiple*, 5- Quartermaster Ground Zero)

Espada y Daga Palis Palis Progression

Partner Flow: One attacks High (1/2), Mid (3/4), Low (7/6). Other defends palis palis. (Stage 1- centerline thrusting drill, Stage 2- side circular thrusting drill, Stage 3- freestyle counters)

Espada y Daga Basic Close Quarters (CQ) (4 variations*)(Lameco Eskrima/ Edgar Sulite)

CQ 1A- feed Angle 1 with stick and a high dagger thrust

(off 1: block, thrust-check, strike ribs, off high thrust: knife, stick, knife, pass/zoning & striking)

CQ 1B- feed 1 and a low dagger thrust

(off 1: block, cut-snake, strike ribs, off low thrust: block & thrust, disarm, armbar lever & striking)

* 1- start 1A/ end 1A, 2- start 1B/ end 1B, 3- start 1A/ end 1B, 4- start 1B/ end 1A

Daga Crossada (MA) feeding same pattern 1, 2, 7, 6, 5,... then random feed... add daga thrust (Quartermaster GZ)

Daga Sumbrada (MA) 1/4/9 or 1/6/9 (Modular Track: 2/3/8, 1/2/2, 5/2/4)(decision & switch points)

Sparring Module 1- De Cadena Basics (from the 4 count flow) (Basic Presas Stick Sparring)

Punyo entering- Outside to punyo rolling

Inside to hubud (with exits)

Sumbrada Six- Entries and exits (1, 4 or 9)

Single Defenses- Block and grab off any attack to exit to 4 count

Empty Hand Flow Drills 6-9: 6) Siko Hubud, 7) Salay Siko, 8) Siko Arco, 9) Hatak Tambol

Empty Hand Basic Lock Flow (two finger up, one finger down, standing center lock, repeat)

Empty Hand Application of Weapon Drills (MA) (Contradas Extensions, Pakal Daga Progression, Evade & Counter, Double Stick Shield Contradas, Palis Palis {Pangamut}, Crossada)

Contradas Extensions 7-10 (Silat) Sweeps/ Patid empty hand version

7. sapu dalem- front sweep inside 8- bizet dalem- back sweep inside

9- sapu luar- front sweep outside 10- bizet luar- back sweep outside

Empty Hand Form One: Anyo Isa and Applications



Blue Stripe Basics of Innovation

Single Stick Variable Entries & Contradas (many styles)

Single Stick Foundation Form Innovation (Change direction, change pattern, make additions)

Single Stick Structured Carenza- shadowboxing (2-3 pattern combos: ex. figure 8/ redondo/ abaniko)

Contradas Extensions 11-20 (The Stick Levers- Eskrido concept- Cacoy Doce Pares and Modern Arnis)(TRP)

11- arm pit lever

16- foot trap and knee lever

12- arm & neck lever

17- hammerlock lever

13- arm bar lever

18- jumping neck lever

14- two hand arm bar lever

19- stick snake locks off angle 1 & 2

15- arm drag lever (* ext into 4 dir thr)

20- assisted snakes (punch,baseball bat,wrist/elbow)

MOBILITY and STABILITY Creativity (Using 11 Angle floor patterns)

3 Types: 1) Footwork, 2) Stances & 3) ALL types of mobility (Link into 3-9 move combos which can be repeated)

Double Stick Double Sinawali:

Heaven 4 Series: Heaven 4 (RHF, LHB, RHB, LHF), Heaven and Earth 4 (RHF, LLB,

RHB,LLF), Earth 4 (RLF, LLB, RLB, LLF), Earth and Heaven 4 (RLF, LHB, RLB, LHF)

Updegrove 14 (RHF,LHB,RHB,LLF,RHB,LHF,RLB,LHF,RHB,LHB,RLF,LHB,RHF,LLB, repeat...)

X Sinawali (right, left, alternating) (RHF,LHF,RLB,LLB or LHF,RHF,LLB,RLB)

Espada y Daga Defenses and Counters (1-9)

Espada y Daga Foundation Form **EDFF** (Salute, Espada y Daga Counters 1-9, Closing- Heaven 6)

Daga Defenses and Counters (1-9) (sak sak- saber grip)

Daga Foundation Form **DFF** (Salute, Sak Sak Daga Counters 1-9, Closing- 1/redondo/2)

Empty Hand Foundation Form Innovation (Change pattern, change direction, make additions)

Empty Hand Balangkas Sikaran (foot drill/ kicking form: 1-footwork 2-kicks 3-kicks with hands) (Visitation/ Bryant)

Blue Belt Basics of Translation

Single Stick Disarms- Stick Snake & Hand Ejection- off any angle

Single Stick- Stick Lever Flow 1-5 (arm pit, arm & neck, arm bar, two hand arm bar, arm drag)

Single Stick Laban Laro Drills: 7 Drills (Lameco Eskrima) 1) 1/pass/2, 2) 5/8/crossing 6, 3) 1-2-3/umbrella,

4) hubud at punyo, 5) hubud at abaniko, 6) hubud 1 & 4 and 7) pekiti baston/pekiti daga/pekiti mano mano

Single Stick Tapi Tapi- feeding any angle (defender blocks, checks & counters to head/ feeder tapi tapi) (LSA Bigay Tama 2)

Double Stick Sumbrada, Hubud & Punyo Rolling & Punyo Sumbrada (MA)

Espada y Daga Sumbrada, Hubud, Punyo Rolling & Punyo Sumbrada (MA)

Espada y Daga Coordination Sets (2)- Kombatan 1-6 and Applications

Daga Sumbrada (review), Hubud, Punyo Rolling & Punyo Sumbrada (vary grips)(MA)

Daga Basic Largo Mano (7/2 or redondo/thrust)

(Tulisan Knife: Alas, Flor de Lis & Applications)

Sparring Module 2- De Cadena- Full Sumbrada, Punyo Sumbrada, Pekiti Baston (high circle arm bar flow)

Empty Hand Flow Drills 10 & 11:10 Tapik Tapik (freestyle Tageen). 11) Empty Hand Sumbrada (MA)

Empty Hand Intermediate Lock Flows (3 finger- from purple, 3 wrist, 3 elbow)

Empty Hand Application of Basic Close Quarters vs. Espada y Daga (MA)



Green Stripe

Sophisticated Basics

Single Stick Returning Force (offensive or defensive)(Escalera de Cuerdas 18 Bakbakan)
Single Stick X Twirling Arco
Single Stick Stick Release Drills (15)- if opponent grabs your stick, your wrist or anywhere
Contradas Extensions 21-30 (Buno) (TRP & BMP examples)
21- underarm choke throw
22- cross choke throw (EH two hand head throw)
23- steering wheel throw
24- half nelson throw (3 putars, spin)
25- inner hook foot locks Inside/Outside
26- twisting foot locks I/O
27- hip throw (waist, shoulder, chin, head) I/O
28- outside arm wrap (out to in to out)
29- inside arm wrap (in to out to in)
30- back pull

Double Stick X Twirling Arco (consecutive or simultaneous)
Double Stick Single Sinawali Theory & Single Sinawali 1 count with arco
Double Stick Double Sinawali: Dungap 6 with footwork (stab with tatsulok, block with quartering)
Double Stick Basic Foundation Form Innovation

Espada y Daga Partner Coordination Sets (3) (same sets learned at blue in application with a partner)

Daga Flow- sak sak vs. pakal (sak sak- 5/horizontal gunting/2/roof, pakal- crossada/2/up cut/9)(flipping)
Daga Triple Hit Drill (high, low, forehands 1's, backhands 2's, center 5's, 1/2/5)(sak sak or pakal)
(Tulisan: Kamandag)

Sibat/ Staff 9 Defenses & Counters & Sibat Foundation Form **DESFF** (double ended staff)

Empty Hand Kuntao 5 count Shearing Drill (stage 1- stationary, stage 2- walking forward and back, stage 3- four corners)
Empty Hand Advanced Natural Weapons (create 5-10 follow up patterns of 3-7 strikes each)
Empty Hand Blending Flow Drills (1-5 from orange, 4 from purple, 2 from blue, right and left)

Green Belt

Sophisticated Basics

Intermediate Foundation Form Innovation (any weapon, any position, themes, complex additions)
Single Stick Disarm Concepts- off any angle- Vine/ Reverse Vine, Punyo Circle & Hook, Scissors/ Reverse Scissors
Single Stick Intermediate Largo Mano (meets & follows, wetiks)
(Single Stick Quartermaster ABC)

Double Stick Double Sinawali: Updegrove 28 Box Cacoy 4-12 open
Double Stick Crossada, Palis Palis, Sungkiti (MA)

Espada y Daga Intermediate Close Quarters (Finish Progression 1-9) (*Lock & Block concept- Cabales Serrada*)
(2A/high stab or 2B/low stab, 3A/3B, 4A/4B, 5A/5B, 6A/6B, 7A/7B, 8A/8B, 9A/9B)(MA)
Espada y Daga Basic Foundation Form Innovation

Daga Disarms- various strips, ejections, daga sayaw concept and captures
Daga Limb Destructions- off straight right (center, inside, outside)
Daga Basic Foundation Form Innovation. (Daga Quartermaster ABC)

Sparring Module 3- De Cadena- Tapi Tapi (add "steal the feed" to Tapi Tapi) (Advanced Intermediate Presas Stick Sparring)

Empty Hand Limb Destructions- off straight right (center, inside, outside)(MA)
Empty Hand Flow Drills 12-15:
12) Elbow Sumbrada (EH punyo sumbrada), 13) Low Hubud, 14) Low Gunting, 15) Double Gunting (1st two count flow)
Empty Hand Full Lock Flow- 11 lock flow (two finger up, one finger down, standing center, downward center, thumblock come along, arm bar, figure four, hammerlock, putar pass, outer wrist throw, downward center, reverse two finger up...)
Empty Hand Form Two: Anyo Dalawa and Applications **ALL skills: (right & left)**



Brown Belt (1st stripe) Advanced Weapons

Single Stick Abaniko- Abaniko Largo (long range), Abaniko Corto (close range), Abaniko Doble
Single Stick Freestyle Carenza- freestyle shadowboxing (end of Striking Progression started with 11 Angles at Yellow)
Single Stick Basic Group Attack (2 attacker scenarios- 2 front 45's, 2 sides, 2 front and back)
Single Stick Balangkas 1

Contradas Extensions 31-40 (Buno) (Lock Flow 2) (TRP)

- | | |
|--------------------------------|--|
| 31- standing centerlock throws | 36- gyroscopic head throw |
| 32- four direction throw | 37- front headlock/ choke throw |
| 33- bicep lock throw | 38- hammerlock and head twist |
| 34- figure four lock throw | 39- rear double leg takedown |
| 35- crossed arm bar | 40- sacrifice throws (rear, front choke, seiza arm drag) |

Double Stick Double Sinawali: Lacoste 8/10/12, Inayan 6/8/10/12, Double Sinawali Theory

Espada y Daga Advanced Close Quarters (ACQ) *high & low thrust variations
ACQ 1- Quick switch ACQ 2- Vine, double hand trap ACQ 3- Pool Cue

Daga Return to Sender Principle- off any angle, RTS to thrust/cut/disarm/lock/throw (Blade Reversal Drill)
Advanced Daga Sayaw- (Stage 3- random attacks, vary footwork/pattern/direction, additions, entries, etc...)

(Tulisan: Sabayan, Gantimpala)

11 Angles with Olisi Palad, 9 Defenses & Counters and Olisi Palad Foundation Form **OPFF***
Flow Drills with Olisi Palad/ palm stick

Balising- Four basic opening & closings (single flip sak sak & pakal, double flip sak sak & pakal)(right/left)

Double Ended Staff Basic Foundation Form Innovation (KW 10 strikes/ 10 blocks, KW Staff Set 1)

Empty Hand Kuntao 7 count Shearing Drill

Empty Hand using opponents stick against them- off any angle

Brown Belt (2nd stripe) Advanced Weapons and Empty Hands

Single Stick Angles of Attack: Presas 12, Cacoy 12, Lacoste 11, Lameco 12, CTS 12, Bryant 9, Assault Set, etc...

Single Stick Advanced Intermediate Largo Mano (inside long range, cross footwork, diamond footwork)(any weapon)

Single Stick Cacoy Doce Pares Eskrima Angles 1-12/ Striking, Counters (4 of 12, Matching/ Mixing, 4 count's, 48's, MAC/ ZACH Attack)

Single Stick using the opponents stick with a simultaneous counter Single Stick Balangkas 2

Double Stick Disarming- stick snakes, scissors, strip & ejection

Double Stick Sinawali: uno baston vs. dos baston (all), Villabrile 8 & 18, (Lakbay Sinawali Bakbakan)

Advanced Crossada- Quartermaster ABCD (Single Stick, Double Stick, Daga and Espada y Daga)

Daga Flows: Laro Flow (sak sak or pakal) & Daga Ice Pick Flow (off Angle 1 or Angle 2) Daga Palis Palis & Sungkiti

Double Daga: Quintada 8, Crossada, Palis Palis, Sungkiti, Shield Contradas **DDFF***

Sparring Module 4- De Cadena- All Sumbrada (high box, CDP, P/K/S) & Tapi Trapi Brian
CDP Stick Sparring- basic (passing), intermediate (strikes) and advanced intermediate (disarms)

Empty Hand Sticky Leg Drills (sweeps, buckles, kicks, kengit,... Any manipulation)(Sombutan)

Empty Hand Flow Drills 16-17:

16) 3 count gunting (4 sides- out right/ in right/ in left/ out left/ in left/ in right/ out right, repeat...) (12 entries*)

17) 2 count flows (off jab/jab, jab/front hook, jab/ front uppercut, jab/cross, jab/ rear hook, jab/ rear uppercut)

Empty Hand Counterlock Concepts (1- trap/strike, 2- counter movement, 3- energy circle)

Empty Hand Suntukan: Boxing/ Kickboxing (standard one call feeding & 9 Suntukan Pad Sets)

(1- 4 count & out: jab/cross/hook/cross JXHX, 2- Defense Flow (13 count) 3- Long Thai pattern, 4- Inosanto Triple Jab 1-13, 5- Inosanto J/X A/B, 6- Inosanto J/H A/B, 7- Inosanto J/X/H A/B, 8- Inosanto J/H/X A/B, 9- Low jab, Trap/ backfist A/B, Freestyle Hatak Tambol & Tapik Tapik)



Brown Belt (3rd stripe) Advanced Weapons and Empty Hands

Single Stick Intermediate Laban Laro- 5 Drills (Lameco Eskrima) 8) 1/pass/4 or 6 (with crossing-wc), 9) 7wc/8/9/7wc/8/9/7wc..., 10) 3 count/roll inside & punyo-wetik/high wing/ umbrella,... , 11) 3 or 4 count: on 1 quick switch/2-crossada..., 12) 1/pass/2/thrust 1-parry/9-umbrella 9/ umbrella 9/ umbrella 123 (or all triples);
Drilling Sequence and Variation; And How to Play (singular drill or 1-12)

Single Stick Balangkas 3

Double Stick Adv Cadena Sinawali (3 Types: sequential, crossing, simultaneous) & Carenza (Bumble Bee, Ang Batikan)
Double Stick Double Sinawali: Universal 8 & 10 (EH MA) Cacoy 4-12 crossed
(The Hornet (block and thrust, block and strike, block and strike)(Simultaneous)

Daga Advanced Cutting (Bryant 3 cuts on 2 sides of triangle) (Tulisan: Lengua de Fuego, Alibata)

Palosut (Sumbrada/ Laban Laro/ De Cadena/ Quartermaster with mixed/ changing weapons)
Intermediate Group Attack (any weapon)(MA) (2-4 attackers). (Freestyle Sumbrada- Mikita Method)

Sibat/ Staff vs. Stick (staff attacks & stick defends, stick attacks & staff defends)

Sibat/ Staff Sumbrada (staff vs. stick & staff vs. staff: DE & SE)(MA)

Sibat/ Staff 9 Defenses & Counters Foundation Form **SESFF** (single ended) (This completes the Big 7 FF's)

Sibat/Staff Two Man Staff Set (KW Staff Set 3)

Olisi Palad 2/ palm stick Limb Destructions (MA) + pinching, locking, striking & takedowns & **Piper 1 Base**

Balisong (intermediate)- six intermediate openings/closings plus pinching, locking, striking, cutting & takedowns
Half opening, reverse double flip, Panastas up/ down/ up, Panastas 2 down/ up/ down, Panastas 3 out/ down/ up, Figure 8

Empty Hand Flow Drills 18-19: 18) Elbow Stop Drill (bong sao) and 19) Ipit Bisig

Empty Hand Trancadas Sumbrada (Counterlock Flows 1 & 2) (from Professor Muro)

Empty Hand Pananjakman: kicking with combined hand strikes (12 sets)(Stepping left Tatsulok for right kicks)

Right front kick with right finger spear/ left trap
Right cross kick with right punch/ left trap
Right cross kick with left up elbow
Right front kick with right left right punch combo
Right side kick with right side palm/left check
Right outer cresant with double palm slap

Right front kick with left finger spear/ right trap
Right cross kick with left punch/ right trap
Right cross kick with right left right punch combo
Right roundhouse kick with right pull/ left palm
Left spinning backfist followed by left spinning back kick
Right straight knee with right downward elbow point/ left check

Empty Hand Form Three: Anyo Tatlo and Applications

Brown Belt (4th stripe) Advanced Weapons

Single Stick Advanced Laban Laro- Bryant 22 (22 stick patterns plus 8 footworks- 176+ drills)

stick patterns- down fig 8 (1), up fig 8 (2), high banda y banda (3), low banda y banda (4), rompida 7-2 (5), rompida 1-6 (6), abaniko heaven (7), abaniko earth (8), abaniko heaven/earth (9), abaniko earth/heaven (10), vertical backhand redondo/vbr (11), vfr (12), hbr (13), hfr (14), diagonal down backhand redondo/ddbr (15), ddftr (16), dubr (17), dufr (18), sungkiti high (19), sungkiti low (20), floretti (21), dobleta(22)
footworks- shuffle back (1), cross back (2), left L (3), right L (4), left rear tatsulok (5), right rear tatsulok (6), pulling back into crane (7), ducking (8), Lutang (9), Right Pappitay (10), Left Fencing Pappitay (11), Jumping (12),

Single Stick Balangkas 4

Double Stick Double Sinawali: dos Redondo vs. reverse dos Redondo Cacoy 4-12 closed

Double Stick Fighting Tactics (concepts & strategy) (3 Basic from Purple Stripe: Quintada, Heaven Series, Mimicking Single Stick + Crossada, Palis Palis, Sungkiti, Shield Contradas, Pekiti Largo DS)

Advanced Espada y Daga: Bigay Tama 1/2/3 (1- ED vs ED, 2- SS vs ED, 3- Any weapon vs ED... Freestyle: Changing attacking & defending pattern)

Attacks- S1/S6/D5/S1/D5/S1/S6/D5 Defends- Match S1 & S6, Low Wing, Umbrella, Inside Deflection, Quick Switch, Low Wing with snake, Quarter 7

Advanced Espada y Daga Coordination Sets (4): Rule of Three/ Transitions & Inserts/ Amaras

Sparring Module 5: De Cadena- (Adv Presas Stick Sparring): disarms, locks & throws. Tapi Tapi Bruce. Left vs Right (L vs R 1-4 & Tapi Tapi)

Advanced CDP Sparring: passing with strikes, disarms, locks and throws

Miscellaneous Training: Flexible Weapons: Snap, rub, whip, loop, noose, wrap & **FWFF***

Kerambit: jab, j/c, j/c/h, Modules: PDP, Crossada, Palis Palis, All empty hand flows (flips on 1/2/9) & **KFF***

Olisi Palad 3/ Piper Knife 2

S E Staff Basic Foundation Form Innovation (KW Staff Set 2 & 4; Walking Cane 1-10 WCFE)

Empty Hand Flow Drills 20+ (Variations of All Flows & Combination Flows (ex. CDM flow from Max S.))

Counters to the 10 Basic Contradas Extensions at Purple & Contradas Extensions with any weapon (MA)



Brown Belt (5th stripe) Advanced Empty Hands & Ground Fighting

KUNTAO SILAT DE THOUARS & KUNTAW SILAT CADENA DE MANO

10 Kuntao Silat Ground Techniques (Contradas Extensions 41-50) (TRP)

- | | |
|---|---|
| 41- Knee Pull 3 ranges (mid- knee pull, long- round kick, close- hug) | 46- Flying Scissors (sloppy dog) |
| 42- Hock/ Forward Leg Scissors (hook kick) | 47- Forward Leg Scissors (round kick) |
| 43- Gunting/ Backward Leg Scissors (hook kick) | 48- Ladot/ Backward Leg Scissors (side kick) |
| 44- Kobok | 49- Lying Leg Inner Hook Takedown (dragon walk) |
| 45- Bintehon | 50- Double Foot Trap & Sit/ Entangled Hock |

Ground Mobility, Entries, Striking, Kicking, **GSFF***, (see Ground Silat Curriculum)

Kudas, Langkas, Dhjurus, Sombutan (Willem's, Daniel's, Herman's), CDM Sayaws/Anyos, 14 count shearing

DUMOG (Presas Dumog)

Clinch Flow (transitions to throwing, boxing, locking, striking & kicking)(research)

Flows- Mount/Guard/Mount Flow, Mount/Arm Bar Flow, Scarf Holding Flow, Ground Position Flow & Lock Flow (Lakan Mendoza)

Chokes, Headlocks, Escapes, Counters, Ground Sensitivity and Randori

BUNO (Presas/Bryant Buno)

Buno Entries- shoot/ clinch, fake/ shoot/ clinch, kick/ clinch, advanced entries

Review Throws/ Takedowns/ Contradas Extensions 1-40, Counters and Falling

Buno Concepts: leverage/ two way action/ small circle, pivot points, TRP/ BMP/ MA

SUNTUKAN (Filipino Boxing)

Connecting your pad drills 1-9 & Connecting your pad drills to your other skills

Single Stick Balangkas 5

Advanced Group Attack (2-5 attackers, empty hand vs. multiple weapons) Strategy, Concepts and Randori

Double Stick Double Sinawali- Cacoy 4-12 side open (Trece Mas Uno (14) Bakbakan)

Balisong (advanced)- 7 Advanced o/c, Balisong Foundation Form **BFF**, Single Stick (R) with Balisong (L) **SSBFF**

Piper Knife 3

Probationary Black Belt (Preparatory work): (one month to one year)

Review All Concepts with All Weapons & start teaching (you should already be teaching!)

Black Belt/ Lakan- Recite the "Oracion" with the Salutation.

Full Curriculum Skills- yellow to black belt.

Discuss, Articulate & Demonstrate All Major Topics:

5 Ranges- Largo Mano, Medio Mano, Corto Mano, Buno (stand up grappling), Dumog (ground grappling)

Striking Patterns/ Amaras, Footwork & Stances, Empty Hand Striking/ Amaras, Double Stick Drills/ Sinawali, Counters/ Abecedario/ Numerado, Counter for Counter Flows/ Sumbrada, Empty Hand Flow Drills/ Hulihen, Counter the Counter Flows/ Tapi Tapi, Modern Arnis, Play Fight Flows/ Laban Laro, Sword and dagger/ Espada y Daga, Knife/ Daga, Continuous Flow/ Palusot, Mass Attacks, Shadow Boxing/ Carezza, Disarms/ Agaw, Locks/ Trankadas, Throws/ Buno, Kuntaw Silat Cadena de Mano, Falling, Kuntao Silat de Thouars, Dumog/ Buno, Forms/ Anyo, Foundations Forms, Dhjurus, Sayaws, De Cadena (Presas Stick Sparring), Cacoy Doce Pares Eskrima Sparring, Sibat Sayaw, Balisong, Weapons of Progressive Arnis, Contradas Extencions by Body Mechanics Principle, Progressive Arnis Principles

Sparring Module 6: Presas De Cadena Stick Sparring- freeflow (stick and empty hand)
Cacoy Doce Pares Corto Stick Sparring (stick, knife & empty hand)
Contact Padded Sparring: Full or Light (weapon or empty hand)

Empty Hand Form Four: Anyo Apat & Applications

Sibat Anyo & Sibat Sayaw: Staff Dance & Applications

All Forms and Sets: Anyo 1-4 & all the foundation forms (Big 7- single stick, double stick, espada y daga, daga, empty hand & staff double and single ended plus extras: OP/DD/FW/K/GS/ B/SSB and Freestyle Foundation Forms), daga sayaw, sibat sayaw, stance set, balangkas sikaran, kuntao 5/7/14, pananjakman 24, espada y daga coordination sets, Balangkas 1-12, Tulisan Sets, Ang Malaya, etc...

Black Belt Thesis- typed, 5 page minimum, idea with a conclusion. (Thesis could relate to black belt class, or not)

1 hour Black Belt Class (typed one page outline of class for the students).



Guro/ Full Instructor

(Teaching- 3 or more Lakans)

(Explain the Meaning of the Progressive Arnis Symbol)

Instructor Training: Teaching Concepts (Mobility/ Stability/ Destruction, Foundation/ Progression/ Innovation, Technique

Reference Point/ Body Mechanics Principle/ Movement Alteration) Segmented Learning & Lesson Style: Private, Group Class or Seminar Format

Pressure Point Fighting: Arm & Leg Points, Head/ Neck/ Torso Points, Five Element Theory.

Empty Hand Form Five, Six & Seven: Anyo 5 Lima, Anyo 6 Anim & Anyo 7 Pito (Anyo 7- Anyo of Innovation)

Research One Weapon Form, Learn & Explain Its Concepts (**Guro Class One**)

Experience/ Research/ Creativity/ Innovation- anything you want (**Guro Class Two**)

Freestyle Form Innovation, Freestyle Carenza, Freestyle De Cadena

Guro Thesis- typed 7-10 page minimum, idea with a conclusion (related to Guro Class One or Two or both)

The Progressive Arnis Oracion and Salutation

Hands at sides

“Progressive Arnis is my art.”

Right stick out to right side & left hand on heart.

“My weapons and my heart are one.”

Kneel down, forearm to forehead.

“I bow down in respect to all beings,”

Tap stick.

“I will fight if I am forced to,”

Forearm back to forehead.

“but I choose to spare life rather than take it.”

Stick up to the sky, hand below heart.

“I am one with nature, I combine the forces of...”

Stick down into cupped hand.

“...heaven and earth in harmony.”

Hand at sides.

“I trust that my skill & knowledge will serve me well.”

Meaning of the Progressive Arnis Symbol

Triangle- Progressive nature of Arnis (building on a foundation) & Angular nature of footwork and striking.

Dagger- (bottom of triangle)- Blade skills: Foundational nature of weapons, especially the blade, in Arnis.

Crossed Stick & Sword- interchangeable nature of stick & sword & most basic striking angles 1/2/6/7 (4 corners- quintada)

Fist- (top of triangle)- Progression from the base (weapon) skills to empty hand skills.

Circle- Enclosed to show completeness, a single perspective, circular power, cycle of all things.

Student Levels

Yellow Belt (Dilaw), Orange Belt (Dalandan)

(Beginner/ Baguhan)

Purple Belt (Murado), Blue Belt (Asul), Green Belt (Luntian)

(Intermediate/ Panggitna)

Brown Belt (Kayumanggi)

(Advanced/ Abante)

Black Belt (Lakan)

(Expert/ Dalubhasa)

Instructor Levels

Instructor in Training (Agreed commitment to become an Instructor)

Apprentice Instructor (Assist and substitute classes)

Basic Instructor/Taga-Pagsanay (Teach Beginners)- Articulate Yellow thru Purple, Anyo 1

Advanced Instructor/Taga-Pagturo (Teach Intermediates)- Articulate to Green, Anyo 1-2

Full Instructor/ Guro (Teach Advanced & Promote Students)- Articulate to Black, Anyo 1-7, Sayaws 1-4, 3 Lakans

Continuing Study with...

Other Filipino Martial Arts Programs:

Cacoy Canete Doce Pares Eskrima & Eskrido, Kuntaw Silat Cadena de Mano Curriculum, Dumog/ Filipino Grappling

Curriculum, Ground Silat Curriculum, Uleg y Ibon Kuntaw Silat/ Crane & Snake Kuntaw Curriculum, Balisong

Curriculum, Suntukan/ Filipino Boxing & Kickboxing Curriculum, Sibat: Worden Defense/ NSI

Indonesian Martial Arts: Kuntao Silat de Thouars

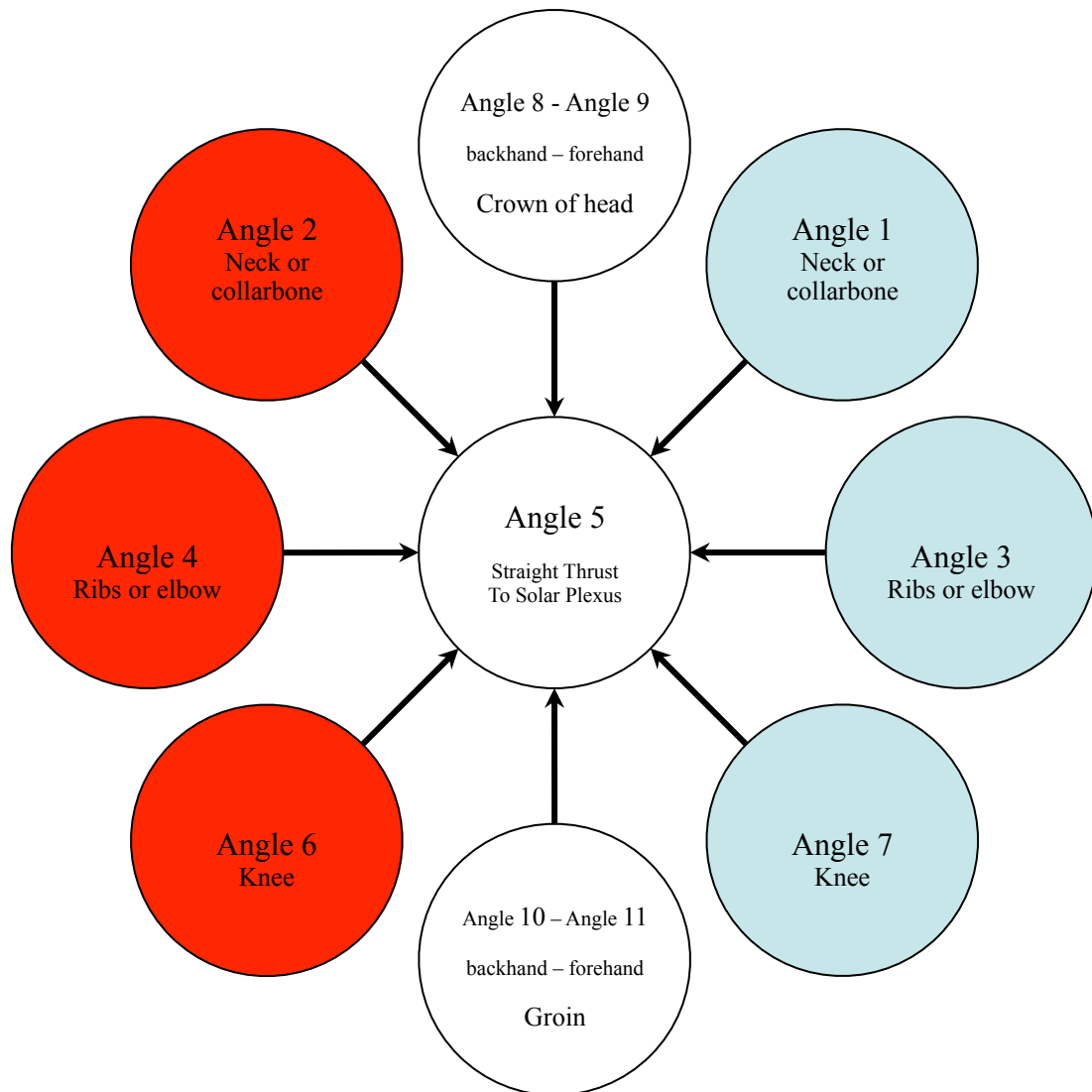
Chinese Internal Martial Arts (Nei Jia Quan):

Yang Bai Tai Ji Quan, Xing Yi Quan- Wu Xing (Five Elements), Dragon shape Ba Gua Zhang, Taoist Kung Fu- Bai Quan



Progressive Arnis

11 Angles of Attack



9 Zones: 3 forehands high/mid/low (blue), 3 backhands high/mid/low (red), 3 centerlines high/mid/low (white)

11 Angles (5 forehand cuts- 1/3/7/9/11, 5 backhand cuts- 2/4/6/8/10, 1 centerline thrust- 5)

Striking Methods- flow/cut/follow thru, control, snap/retract, thrust thru/stab thru, thrust retract/stab retract, florette/dobleto, wetik, punyo (flow/control/snap), reverse grip with methods, medio grip with methods, combo strikes, power strikes, point of origin, etc...



Curriculum Extras:

Advanced Largo Mano (Modern Arnis, Cristino Vasquez via Dan Lowman)

Attacks 1- Pappitay to inside long range (ilr)/rompida+,
Attacks 2- Diamond step (ilr)/ rompida+,
Attacks 7, 6 and 5 or 1-9

End of Evade and Counter: Roger 1:1, 2:1, 3:1

(LSA Bigay Tama 1: 1- Tapi Tapi, 2- Palis Palis, 3- Crossada, 4- Sabayan)

(Introduce lock & block concept at purple with Basic Close Quarters- (Cabales Serrada Escrima)

Sumbrada Variations:

High Box
CDP 7/2/1, 7/2/1/12/4/3/6
Payong/ Kalasaag/ Satik Sumbrada
Largo Inserts, Crossada Inserts, Palis Palis Inserts, Sabayan Inserts
Mikita Method Sumbrada (freestyle)

De Cadena L VS R; 1- backhand, 2- arm trap, 3- opposite punyo rolling, 4- stick snake/ 4 dir thr
De Cadena R VS R or L VS R Bait Tapi Trapi Drill from Brian and Bruce

Balintawak (Taboada Quentada) Levels 1-7 (Deep dive into the origins of Tapi Tapi)

Bakbakan Balangkas 1, 2, 3, 4, 5, 6, 7, 8, 11, 12 1 DS
 Amaras de Fondo 14
 Escalera de Cuerdas 18, Clovers,
 Cuatro Canto/ Quartermaster Ground Zero, Alpha, Bravo, Charlie and Delta
 *Quartermaster with a knife

Sinawali- Lakbay Sinawali 70, Hornet, Bumblebee
 Ang Batikan 65
 Trece mas Uno 14
 Ang Malaya 99
 Kalis Kaluban

Tulisan Knife Drills*
 Alas, Flor de Lis
 Kamandag, Sabayan, Gantimpala
 Lengua de Fuego, Alibata

Kelly Worden's Sibat, Walking Stick & Travel Wrench

Sibat 10 Strikes/ 10 Blocks (give and take)
Staff Set 1, 2 & 4
Staff Set 3 (two man staff set)
Walking Cane 10 Strikes/ 10 Blocks
Travel Wrench

Piper Knife System/ Tripwire



The Foundations of Progressive Arnis

MODERN ARNIS- Remy Presas

Counters, Sumbrada 6

Single, Double & Reverse Sinawali

Crossada, Palis Palis, Sungkiti

Translation

Dumog

Sibat/ Staff

Amaras/ Striking Patterns

Agaw/ Disarms

Shield Contradas

Tapi Tapi/ De Cadena/ Tapi Trapi

Stick Lever Flow

Anyos/ Forms

“Make It Your Own
I do this and he is cut

Do This With Me
It Is All The Same

You Got It, Baby
You are already there”

Bram Frank- Modular Knife, Bolo, Desangut, CRM IPT

Bruce Chiu- Tapi Trapi Bruce

Kelly Worden- Sibat, Walking Cane, Travel Wrench, Espada y Daga, Stick, Anyo 1

Brian Zawilinski- Tapi Trapi Brian

Dan Anderson- Danisms, Tapi Tapi, Tapi Trapi Dan, Disarm Counters
Roland Rivera

SMALL CIRCLE JUJITSU- Wally Jay, Leon Jay, Josh Moree

Sort Lock Flows, Full Lock Flow, Contradas Extencions

KYUSHO JITSU- George Dillman, Jack Hogan, Lee Richards

Arm, leg, neck, body and head points

INOSANTO/ LACOSTE KALI- Dan Inosanto

Hubud, Full Sumbrada, Punyo Sumbrada, Sumbrada Progression

Crossada Progression

Sinawali Progression

Panantukan

Integration

Burton Richardson, Mark Mikita, Paul Vunak

WING CHUN- Francis Fong, Garrick Edwards

MUAY THAI- Chai Sirisute

JKD GRAPPLING- Larry Hartsell

KUNTAW SILAT CADENA DE MANO- Billy Bryant

FOOTWORK

Wetik su Dulo at Abaniko

Daga Laro, Triple Hit, Daga Ice Pick Disarm Flow, Daga Return to Sender, 3 cuts

Bigay Tama, Laban Laro

Empty Hand Flows

Flexible Weapons, Whip, Ground Silat

Sayaws

Web of FMA

Innovation



PANANANDATA- Amante “MAT” Marinas

Balisong
Lubid- Rope
Hawakan- Tonfa
Tabak Toyok- Nunchaku
Dos Manos Baston
Throwing Weapons
Largo Mano

KUNTAO SILAT DE THOUARS- Uncle Bill Willem De Thouars

Djurus, Langkas and Kudas
Serak Internal

Internal Masters- Tom Updegrave, Deng, Huang, Zhao, George Xu, Gordon Xu,
Sweeps, Kengit Siko, Putar Kepala, Ground Silat
Sticky Legs (Sambutan), 3 count Gunting Set
Shearing Sets 6/5/7/15

**Richard Clear-
Philip Salas, Ted Garcia, Colby Bock**

LAMECO ESKRIMA- Edgar Sulite

Angles, FOOTWORK, Counter Options, Double Stick, Basic Largo
Laban Laro 1-7 and 8-12 (out of over 200 written in my notes)
Espada y Daga Close Quarters- Basic 1a/1b, Intermediate 2a/2b to 9a/9b, Advanced 1-3
Roger’s Sparring Methodology 1:1, 2:1, 3:1

Roger Agbulos, Steve Gordy, David Gould

CACOY DOCE PARES ESKRIMA & ESKRIDO- Cacoy Ciracao Canete

Angles, Blocks, Counters, 4 of 12
Penge Penge 4-12 open (green), crossed (brown 3), closed (brown 4), side open (brown 5)
4 count’s Should I stay or should I go, Mac Attack, Zach Attack

Cacoy 48, (Mac 48, Mac 60)
Disarm Set 1, (Disarm Set 2, Disarm Set 3)

Stick Sparring
Eskrido

Zach Whitson

COUNTERPOINT TACTICAL SYSTEM- Zach Whitson, Bryan Vinik
Pangamot, Panantukan,

DECUERDAS ESKRIMA- James Muro

Counter Lock Flows 1 & 2
Combo Flow Empty Hand Flow Drill from Max Sarmiento

Secondary Skills:

Tae Kwon Do- Kicking Skills

Long Fist Kung Fu, Hung Gar Kung Fu- Power & Animal Skills

Yang Bai Tai Ji Quan, Dragon Ba Gua, Five Element Xing Yi- Internal Skills

Kenpo Karate- Full Spectrum Skills

Judo, Ju Jitsu, Aikido- Falling Skills

Isshinryu Karate, Shotokan Karate- Classical Striking Skills

Gracie Jiu Jitsu, Catch Wrestling- Grappling Skills

Capoeira Regional, Capoeira Angola

Shuai Chiao

