

# **CURRICULUM LEVEL 1 TW KALI.**

## **I. DOBLE BASTON**

### **DOUBLE STICKS**

- 1.1. SINAWALI NO.2
- 1.2. SINAWALI NO.3
- 1.3. SINAWALI NO.6 MEDIUM
- 1.4. BASIC TWIRLING (figure 8)

## **II. SOLO BASTON**

### **STICK AGAINST STICK**

- 2.1. BASIC STRIKE ANGLES nr 1 – 10 (Wi Tik strikes)
- 2.2. BASIC BLOCK ANGLES nr 1 – 10 (power block)
- 2.3. SHORT ANYO nr 1 – 10
- 2.4. STICK TRAPPING nr. 1 – 10  
WITH COUNTER STRIKE
- 2.5. AHAS AGAWS. SNAKE DISARMS
- 2.6. BASIC TWIRLING (figure 8)

## **III. DAGA**

### **EMPTY HAND AGAINST KNIFE. (saksak/pekal (heaven/earth) grip)**

- 3.1. BASIC ATTACK ANGLES NO.1 THROUGH NO.5
- 3.2. PALM DOWN BLOCK NO.1 THROUGH NO.5
- 3.3. BLOCKING DRILL  
RANDOM ATTACKS WITH BLOCKS
- 3.4. CLOCKWISE DISARM SERIES (saksak/pekal (heaven/earth) grip)

### **KNIFE AGAINST KNIFE. (saksak/pekal (heaven/earth) grip)**

- 3.5. BLOCK, REDIRECT AND CUT

## **IV. MANO MANO**

### **EMPTY HAND APPLICATION**

- 4.1. SINAWALI NO.2 APPLICATION WITH VARIATIONS (entries 1-6)
- 4.2. SINAWALI NO.6 DRILL
- 4.3. BASIC STRIKES
- 4.4. BASIC KICKS (front kick, roundhouse kick, sipa)
- 4.5. BASIC BLOCKS AGAINST STRIKES AND KICKS
- 4.6. INAYAN LOCKING DRILL NO.1

## **X. BASIC THEORY**

### **RANGE AWARENESS**

LARGO MANO – LONG RANGE

MEDIO MANO – MID RANGE

CORTO MANO – CLOSE RANGE

CORTO-CORTO MANO / PUNYO MANO –

(very close range, dominating with the punyo)

# **CURRICULUM LEVEL TWO TW KALI**

## **I. DOBLE BASTON**

- 1.1. SINAWALI NO.5
- 1.2. SINAWALI NO.6 CHAINING (high, medium, low)
- 1.3. SINAWALI NO.6 ABANIKO
- 1.4. SINAWALI NO.6 DUNGA
- 1.5. CHAINING SINAWALI NO.2, 3, 5 AND 6
- 1.6. TWIRLING VARIATIONS
- 1.7. FOOTWORK, MALE/FEMALE TRIANGLE, SIDE STEPPING

## **II. SOLO BASTON**

STICK AGAINST STICK

- 2.1. TAP BLOCKS 1-6
- 2.2. BASIC ANGLES NO.1 THROUGH NO.10  
ATTACK, BLOCK AND 3 COUNTER STRIKES
- 2.3. CROSADA AGAWS. CROSS DISARMS
- 2.4. WRIST DISARMS
- 2.5. TWIRLING VARIATIONS
- 2.6. PUNIO SUMBRADA
- 2.7. CONTRA Y CONTRA (strike vs block)

## **III. DAGA**

EMPTY HAND AGAINST KNIFE. (saksak/pekal grip)

- 3.1. COUNTER CLOCKWISE DISARM SERIES 1 – 5
- 3.2. STRIP DISARM VARIATIONS (to understand the principle)
- 3.3. BLOCKING DRILL  
RANDOM ATTACKS WITH BLOCKS AND DISARMS

KNIFE AGAINST KNIFE. (saksak/pekal grip)

- 3.4. HUBUD BASICS 1 – 4 WITH ARM CUT VARIATIONS

## **IV. MANO MANO**

EMPTY HAND APPLICATION

- 4.1. SINAWALI NO.3 APPLICATIONS WITH VARIATIONS
- 4.2. SINAWALI NO.5 APPLICATIONS WITH VARIATIONS
- 4.3. SINAWALI NO.6 APPLICATIONS WITH VARIATIONS
- 4.4. BASIC KICKS (knee strikes)
- 4.5. LOWLINE SIKARAN DRILL NR.1
- 4.6. BASIC STRIKES (elbows)
- 4.7. INAYAN LOCKING DRILL NO.1 APPLICATIONS

## **X. BASIC THEORY**

UNDERSTANDING BASIC STICK STRIKES

(LabTik, WiTik, Redondo, Abanico, Punyo)

# **CURRICULUM LEVEL 3 TW KALI**

## **I. DOBLE BASTON**

- 1.1. SINAWALI NO.6 ABANIKO VARIATIONS
- 1.2. SINAWALI NO.6 DUNGA VARIATIONS
- 1.3. CHAINING VARIATIONS OF ALL SINAWALI
- 1.4. ALL SINAWALI WITH TWIRLING VARIATIONS

## **II. SOLO BASTON**

STICK AGAINST STICK

- 2.1. UMBRELLA BLOCKS 1-4
- 2.2. PUNIO DISARMS W/VARIATIONS
- 2.3. BASIC ANGLES NO.1 THROUGH NO.10  
BLOCK COUNTER STRIKES WITH PUNIO  
BLOCK COUNTER STRIKES AND DISARMS
- 2.4. BASIC ANGLES Nr.1 – 10 ENTRIES TO DUMOG/LOCKING
- 2.5. PUNIO SUMBRADA ENTRIES TO DISARMS
- 2.6. TWIRLING VARIATIONS (ground and air)
- 2.7. CONTRA Y CONTRA WITH PUNIO

EMPTY HAND AGAINST STICK

- 2.8. DISARMS (ahas and crossada agaws)
- 2.9. LOCKING DRILL NR.1

## **III. DAGA**

EMPTY HAND AGAINST KNIFE

- 3.1. STRIP WITH THE OPPONENTS BODY
- 3.2. KNIFE TAPPING BASICS
- 3.3. HUBUD WITH DISARMS

KNIFE AGAINST KNIFE

- 3.4. HUBUD WITH CUT TO THE BODY VARIATIONS
- 3.5. CONTRA Y CONTRA (with the punyo)

## **IV. MANO MANO**

EMPTY HAND APPLICATION

- 4.1. FREE RANGE APPLICATIONS FROM ALL SINAWALI
- 4.2. APPLICATIONS W/ CROSSING and GUNTING
- 4.3. HUBUD BASICS
- 4.4. DUMOG ENTRIES, LOCKS AND TAKEDOWNS 1 – 10

# **CURRICULUM LEVEL FOUR TW KALI**

## **I. DOBLE BASTON**

DOUBLE STICKS

- 1.1. ONE HAND PRINCIPLE
- 1.2. COMPLEMENTARY PRINCIPLE
- 1.3. MIRROR PRINCIPLE

## **II. SOLO BASTON**

- 2.1. BLOCK WITH COUNTER, DISARM AND COUNTER (ALL OPTIONS)
- 2.2. TWIRLING, PUNIO SUMBRADA AND DISARM
- 2.3. LOCKING DRILL NR.1 LOCKS WITH OWN STICK, OPPONENTS STICK OR WITHOUT STICKS
- 2.5. STICK LOCKING DRILL NR.1 DUMOG APPLICATIONS

## **III. DAGA**

KNIFE AGAINST KNIFE. (all options)

- 3.1. SHOW THE DIFFERENT PRINCIPLES
  - EVADE. EVADE AND CUT
  - PARRY. PARRY AND CUT
  - BLOCK. BLOCK AND STAB
- 3.2. HUBUD DISARMS

## **IV. MANO MANO**

EMPTY HAND DRILL

- 5.1. HUBUD (more variations)

## **V. ESPADA Y DAGA**

SWORD AND DAGGER

- 4.1. ESPADA Y DAGA NO.4 THROUGH NO.7
- 4.2. SINAWALI NO.6 KNIFE HEAVEN GRIP (right or left hand)
- 4.3. SINAWALI NO.6 KNIFE EARTH GRIP (right or left hand)

# **CURRICULUM LEVEL FIVE TW KALI**

## **I. DOBLE BASTON**

### **DOUBLE STICKS**

- 1.1. SINAWALI NO.6 DOUBLE UP
- 1.2. CROSSING SINAWALI 2, 3 AND 5
- 1.3. BRIDGING SINAWALI 2, 3, 5 AND 6
- 1.4. CONTRA Y CONTRA. ONE FOR ONE  
BLOCK WITH THE LEFT STICK, HIT WITH THE RIGHT STICK  
BLOCK WITH THE RIGHT STICK, HIT WITH THE LEFT STICK  
DOUBLES  
FREE

## **II. SOLO BASTON**

### **STICK AGAINST STICK**

- 2.1. UPAKAN AGAWS. STRIP DISARMS (with the body or the stick)
- 2.2. STICK LOCKING DRILL NR. 2.

### **EMPTY HAND AGAINST STICK**

- 2.3. UPAKAN AGAWS. STRIP DISARMS (any variations)

## **III. DAGA**

- 3.1. KNIFE TAPPING DEFENCIVE COUNTER ATTACKING

## **IV. MANO MANO**

### **EMPTY HAND DRILL AND APPLICATION**

- 5.1. TRAPPING
- 5.2. TRAPPING IN ALL THE DRILLS
- 5.3. HUBUD W/ MANO MANO ENTRIES TO DUMOG

## **V. ESPADA Y DAGA**

### **SWORD AND DAGGER**

- 4.1. COUNTER ATTACKING
- 4.2. CROSSADA
- 4.3. HUBUD

## **VI. ESPADA**

- 6.1. LARGO DRILL Nr. 1. (one to one)
- 6.2. LARGO DRILL Nr. 2. (one to one)

# **CURRICULUM LEVEL SIX TW KALI**

LEVEL SIX IS THE CULMINATION OF LEVEL 1-5

## **I. DOBLE BASTON**

DOUBLE STICKS

- 1.1. USING ALL SINAWALI AGAINST ATTACKING OPPONENT
- 1.2. CONTRA Y CONTRA W/SINAWALI ENTRIES
- 1.3. CARENZA FREE W/AIR AND GROUND

## **II. SOLO BASTON**

STICK AGAINST STICK

- 2.1. FREE STICKFIGHT W/LARGO, MEDIO AND CORTO
- 2.2. FREE ONE TO ONE W/ CONTROL, DISARMS, LOCKING, TAKEDOWNS

EMPTY HAND AGAINST STICK

- 2.3. DEFENCE W/COUNTER, DISARMS, STRIKING, LOCKING, TAKEDOWN
- 2.4. TRANSITION TO MANO-MANO (see IV.)

## **III. DAGA**

KNIFE AGAINST KNIFE

- 3.1. FREE FIGHT
- 3.2. ONE TO ONE W/ENTRIES, CONTROL, CUTTING, DISARMS, TAKEDOWN

EMPTY HAND AGAINST KNIFE

- 3.3. DEFENCE W/COUNTER, CONTROL, DISARM, TAKEDOWN
- 3.4. DEFENCE W/ENTRIES, CONTROL, DISARM, CUTTING, TAKEDOWN
- 3.5. TRANSITION TO MANO-MANO (see IV.)

## **IV. MANO MANO**

EMPTY HAND DRILL AND APPLICATION

- 4.1. FREE FROM STRIKES AND KICKS W/COUNTER, CONTROL, TAKEDOWN
- 4.2. FREE MIXING DRILLS ENTRIES W/STRIKES, HUBUD, SIXES, LOCKING, CONTROL, TAKEDOWNS TO DUMOG