

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