

FOOTWORK

- Ilustrisimo cross-step
- Sidestep / Gum
- "T"-stepping
- Snaggle tooth
- Lower canines
- Diamond
- Sawtooth
- Take off
- Clock
- Spiral
- Hi-Lo & Kangaroo
- Drive by
- Stink him
- KK skipping
- KK range control

SNAKE RANGE

- 1) skill of moving your stick to protect your hand, hide your intent, create opening, and mask your initiation.
- 2) analysis of your opponent's psychological type.
- 3) analysis of his structure "theory of chambers"
- 4) the snaky foot
- 5) avoid contact with st.foom and footwork
- 6) theory of the skirmish (massattack)

Hand-moving:

- happy dog
- clock
- 8-down
- 8-up
- one side of X
- whoopie 1
- whoopie 2
- the tail
- the "i"
- the "u"

Psychological types:

- swatter
- stalker
- evader
- blocking counter hitter
- retreator
- salesman
- speed merchant
- troglodyte
- linebacker

Theory of chambers:

- caveman
- elbow fulcrum
- backhander
- slapper
- off lead
- low chambers
- siniwali cave
- double cave
- false lead

WEAPON RANGE

Theory of:

- meet
- merge
- follow
- evade

Types of merge:

- a) basic – 90° to line of force
- b) slider – a merge that slides towards the hand
- c) skidder – a merge that slides away from the hand

Merge drills:

- loop 1 & 2
- lonely 8-count

Meet-merge-follow drill:

meet – merge – follow ↔ standart 6

Ring Theory

- 4 rings
- whoopie 1
- whoopie 2
- slider / skidder
- loop 1
- loop 2
- malayou

Triangle from the third dimension:

- stick, limb, head
- jab, redo, cave (variation 5)
- roof, check, cave
- skidder, check, rev.angle (vs. b-hand)
- merge, check, rev.angle (vs. f-hand)

LARGO

Defanging the snake

Single-direct-attack:

- slash
- redondo
- jab
- thumbsucker

Attack by faking:

- florete
- drift shot
- hi-lo

Broken-hits / Pulverize:

- lameco 3
- lameco 4
- follow (pekiti tirsia)
- meet (pekiti tirsia)

Counter attack:

- the "i"
- evade & hit
- kk

Drills:

Meet-stick-drills but hit the hand

- hi-lo-hi
- D8 lo-hi
- Abecedario / numerado

MEDIO

Offensive:

- 4 power strokes
- 3 leg attacks
- drift shots
- attacking blocks

Defence:

- 4 wall
- roof
- umbrella
- alive hand

Sumbrada drills:

12 / roof 1 / inside sweep 3 / dropstick (redo)

12 / roof 3 / gunting 2 / outside sweep

12 / roof 1 / inside sweep (check from under) 2 / shield
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12 / roof 1 / inside sweep 3 / dropstick 5 / wing 2 / shield
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CORTO

Attacking:

- punyo
- thrust
- give a dog a bone
- rev. punyo
- dosmanos
- left punch
- knee
- foot stomp
- oblique kick
- headbutt
- elbow

Hubud:

- left & right
- with & without weapons
- hubud → trapping
- hubud → punching & kicking
- hubud → locks & chokes
- hubud → disarms

STANDING GRAPPLE

Neckclinch: (plum)

- head & neck control
- muay thai game

Bodyclinch: (wrestling)

- head-fighting & head-positioning
- swimming / pummeling
- underhooks

Bicep control:

- arm drag
- duckunder

"Rico":

- proper position
- spin to the ground
- knee to trap
- cameltoe

Takedowns:

- backsnap
- cameltoe
- single-leg
- double-leg
- sutemi
- seoi
- bizet
- puter
- sapu
- kengit

GROUND GRAPPLE

Kali:

- punyo
- abaniko
- thrust
- vamp.slayer
- headbutt
- elbow
- punch / slap
- dirty tricks

BJJ:

- upa drill (escapes & reversals)
- armbar
- figure 4 armlock
- kimura
- mata leon
- triangle
- guilotine

Stickgrappling:

- fang choke
- fang (shoulder, armpit, inion, nerve p.)
- nutcracker
- bando choke
- finger pinch

KRABI KRABONG

Footwork:

- skipping forward
- skipping backward
- range control forward (attacking)
- range control backward (step into power)

Drills:

- 9 count
- 7 count
- 8 count
- 3 count

Krabi Krabong Kicking:

- X block with teep-dtrong
- X block with te-dtahd
- roof with teep-dtrong
- caveman to teep-dtrong
- caveman with te-dtahd or te-chiang
- bhand with left te-dtahd or te-chiang
- bhand with right te-dthad or te-chiang

SINIWALI

Coordination drills:

- fluid attack
- open 8
- alternating 8 down (l & r)
- alternating 8 up (l & r)
- fluid 8 down
- fluid 8 up
- heaven-six
- standart-six
- redondo-six
- single 6
- cub-cub
- opposite 8's

Twoman drills:

- meet sticks
- snaggle tooth
- attacking blocks
- meet-merge-follow drill

Techniques:

- bat & reaper
- 4 walls & 2 gunting (false lead structure)

STAFF

Drills:

- 12 count
- 15 count
- snaggletooth drill
- attacking blocks drill
- sumbrada drill

Selfdefence:

- thrust & handhit
- malayou with spinning footwork

Reverse staff game:

- ring theory
- multiple thrusts
- one hand swing
- power caveman
- one hand block crash

Bando healing:

- self-massage with staff
- yoga with staff
- one person stretches another with staff