

Level 1 *Basics* (single stick)

Rank 1 has one white stripe. (around the butt of your stick)

The goal of the first level are the basics with single stick.

Theory

DBMA terminology (*jab, slash, redondo, forehand, backhand, vertical, horizontal*)

Single

- 4 power strokes
- D 8
- U 8
- 4 wall block
- Roof cycle
- Umbrella cycle
- St.Foom
- Lonely 8-count
- Defanging the snake (direct-attack, counter-attack, attack by faking)

Empty

- Punch (jab, cross)
- Slap
- Pakal

Self defense

- with Palmstick: *basic-strokes, destruction, nerve-pressure*

Level 2 Basics (Siniwali / Staff)

Rank 2 has two white stripes.

The goal of this level is basic Siniwali coordination and the basics with the staff.

Theory

7 Ranges (*snake, weapon, largo, medio, corto, clinch, ground*)

Siniwali coordination drills (solo & meet sticks)

- Fluid attack
- Open 8
- Alternating 8
- Fluid 8
- Heaven-6
- Redondo-6
- Meet-merge-follow drill

Staff

- Malayu
- Roof cycle
- Umbrella cycle
- 12 count

Empty

- Elbow
- Knee
- Teeb
- Oblique kick / foot stomp
- Headbutt

Self defense

- with Staff: *thrust & handhit, malayou with spinning footwork*

Level 3 *Combining Stick and Footwork*

Rank 3 has three white stripes.

The goal of this level is to put basic techniques in combination with footwork.

Theory

Triangle from the third dimension

- *stick, limb, head (jab-drill)*
- *jab, redo, cave (variation 5)*
- *merge, check, cave (vs. f-hand)*

Footwork

- Ilustrisimo cross-step
- Sidestep
- Snaggle tooth
- Diamond
- Take off
- Hi-Lo / Kangaroo
- KK skipping

Solo training

- Lameco 1 & 2
- Lameco 3 & 4
- Lameco 5a & 5b

Single

- Snaggle tooth drill level 1
- 3 leg attacks

Double stick

- The Reaper
- Krabi basics (f-slash right and left with skipping)
- Krabi basics (double-diagonal with skipping)
- 9 count

Los Triques Siniwali

- Bat (driveby, lowercanines, diamond)
- Heaven-6 application (driveby, lowercanines, diamond)
- Redondo-6 application (driveby, lowercanines, diamond)

Empty

- Panantukan with basic footwork

Self defense

- versus Stick: *close the gap, HKE, etc.*
- with Stick: *false lead game with f-redondos & stiffarm*

Level 4 Snaggletooth Progression

Rank 4 has one yellow stripe.

The goal of the this level is the Snaggletooth Progression

Single stick (Snaggle)

- Level 1
- Level 2
- Level 3 (Diamond)
- Level 4 (Diamond w. cross-step)
- Level 5 (slash, up, up)
- Level 6 (Diamond to KK-kicks)
- Level 7 (Diamond to Corto)

Siniwali (Snaggle)

- Snaggletooth drill: Siniwali vs. single (opposite 8's)
- Snaggletooth drill: Siniwali vs. siniwali (close gunting / open gunting)

Staff (Snaggle)

- Level 1
- Level 2
- Level 3 (Diamond w. lam 3 & 4)

Empty (Snaggle)

- Level 1 “defence”(evade, parry, salute, etc.)
- Level 2 “offence”(punch, pak sao, lop sao, etc.)
- Level 3 “entries” (Diamond to take down, sapu, kengit, etc.)

Hubud (Snaggle)

- Hubud (left & right / without weapons)
- Hubud (left & right / with weapons)
- Hubud → trapping & punching
- Hubud → disarms, locks & chokes

Level 5 *Attacking Blocks and Clinch*

Rank 5 has two yellow stripes.

The goal of this level is to create openings with footwork and to bridge the gap.

Close quarter range fighting and stickgrappling are other goals of this level.

Bridging (the crash & other entries)

- flying-roof
- sagasa
- by hitting
- with teep-dtrong

Attacking Blocks drill

1A, 1B, 2A, 2B (right and left)

Roof → drive → fang (ground)

Roof → clinch → knee
→ take down
→ giving the dog a bone

Roof → punyo → bizet

Roof → block → pull to clinch
→ abanico to dosmanos
→ back-snap / cameltoe
→ hook, kao-push-cave
→ pak, rev.angle

Roof → thrust → fang
→ puter
→ judo

Roof → catch → medio

Umbrella → sawing
→ double-leg
→ trapping
→ cross, kengit

Clinch

- Neckclinch: *head & neck control, muay thai game*
- Bodyclinch: *head-fighting & head-positioning, pummeling, underhooks*
- The Rico: *proper position, spin to the ground, knee to trap, cameltoe*
- Bicep control: *arm-control, arm drag, duckunder*
- Takedowns: *backsnap, cameltoe, sutemi, judo*

BJJ

- Upa drill
- Switch from position to position
- Basic submissions: *armbar, fig-4 armlock, mata-leon, guilotine, triangle*
- Stickgrappling: *fang choke, fang (shoulder, armpit, inion), nutcracker, bando choke*

Level 6 *all kinds of drills (play & improvise)*

Rank 6 has one red stripe.

1st goal of this level should be to know all kinds of drills.

1. Kali drills
 - Snaggle / Diamond
 - Lower Canines
 - Attacking Blocks drill
 - Weapon-range drills: *meet-sticks, merge-drills, meet-merge-follow-drills*
 - Merge drills / meet-merge-follow drill
 - Sumbrada / Punyo-sumbrada
 - Palusutan / Hubud / Tapi-tapi
 - Knife tappingetc.

2. Krabi Krabong drills
 - 9 count
 - 7 count
 - 8 count
 - 3 count (3 x 3)etc.

3. Empty hand drills
 - Snaggle-tooth drill
 - Loop-drills
 - Hubud
 - Energy-drills
 - Pummeling
 - Upa-drilletc.

2nd goal of this level should be to play with all kinds of drills.

- switch from drill to drill
 - left vs. right
 - single vs. double
 - double vs. staff
 - blend all kinds of weapons
- etc.

3rd goal of level 5 is to improvise and to find your own solutions / conclusions / results.

- Play & improvise with all kind of techniques
 - Play & improvise with all kind of drills
 - Play & improvise with all kind of weapons
- etc.

Level 7 *more than just fighting*

Rank 7 has two red stripes.

The goal of this level should not only be to know the DBMA fighting system but also to know healing-material and DB philosophy.

The DBMA path is about more than fighting skill...

1. Hurting, Healing, Harmonizing
2. Fit, Fun, Functional
3. Mind, Heart and Balls
4. Territory, Hierarchy, Reproduction
5. Contact and Consciousness, Dichotomy and Transformation

Healing

- Massage / Akkupressure / Shiatsu (*with and without stick / staff*)
- Yoga / Stretching (*with and without stick / staff*)
- Nutrition

Philosophy

- Aggression theory
- Tao of the Dog
- etc.

Level 8 *advanced material & secret stuff*

Rank 8 has one black stripe

Advanced material and “secret stuff” are the goals of this level.

Psychology, strategy and tactics are other themes of level 8.

Level 9 *level of comprehension*

Rank 9 has two black stripes.