

## **Phase II - Phase III Outline**

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In Phase One students were introduced to the basic techniques and training methods from a variety of Martial Arts. This training had a very specific focus, dealing largely with kickboxing and trapping skills, weapons coordination and movement skills. In Phase One, techniques are practiced with a minimum of resistance from the partner, and the timing and random variables are limited to allow students to develop an understanding of this material.

### **Phase II Level Training**

In Phase Two, students are given more resistance in a variety of interactive drills which call for awareness, sensitivity, and an economy of motion that all combine into what we affectionately call "The Flow." This type of training requires that students identify and respond efficiently to changes in distance, structure, pressure, momentum and intention, adjusting their tactics to match or counter those of their training partner.

Phase two training will consist of many "Closed Circuit Drills," drills which require specific actions from both participants in order to create a specific circumstance or condition. In these drills, each partner plays a role which calls for the other partner's response. This type of drill perpetuates itself, calling for rhythm, coordination and timing, as well as awareness.

### **Phase III Level Training**

Phase Three will take all of the drills that were learned in Phase Two and combine them, so that students learn how to effectively transition from one environment or "game" to another. This will also bridge between Arts, often calling for students to move from striking to trapping to grappling to weaponry and back again. This, for many students, is when the training truly becomes "alive."

Tactics and strategies for dealing with and identifying types of resistance are developed in detail. Students learn about the psychology of fighting, combination theory, and how to identify and counter their opponent's intentions.

When playing this free-flowing "Game" it is at its highest level referred to in two ways. In an empty-handed focus, we refer to this as "Seek-the-Path." With Weaponry we refer to this as "Juego Todo," which translates to "Anything goes" or "Play it all." The focus of these games is to safely and productively test and develop one's responsiveness to a changing format, environment or skillset. It is important for students to remember that these games, though challenging and interactive, are not meant to be a forum for competition.

The objective of this level of training is to round out the students' skills so that they are capable of responding and adapting to nearly any circumstance. This will complete their foundation training, allowing them to prepare for Phases Four and Five, specifically Mental and Physical Changes in response to training, and Personal Development and Specialization.

What follows is an ever-growing list of training formats and games that will aid students in their Phase 2 and Phase 3 level training. It is by no means complete, students are encouraged to add their own drills as needed. The list simply offers students a glimpse of where they are, and depth of their exposure to the drills we most commonly train.

## Empty Hand Drills

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### Hubad

#### Lines

- Downward (Standard)
- Sat Sao Cycle
- Ciko Cycle (FH/BH)
- Punching Cycle (I-I, O-O, I-O)
- Double Pak Cycle
- Seek the Path

#### Added Variables

- Random Punching
- Wrenches
- Locking
- Kicks and Sweeps
- Throwing
- Drawn Weapon

#### Switches

- Push Switch
- Roll-Over Switch
- Wedge Switch
- Palisut Switch
- Draw Switch
- Loy Pak Switch
- Ciko Cycle Switches
- Ping Choy - Gua Choy Switch

### Jun Fan Drills

#### Pak-Wedge-Pak

- Lop Sao Cycle
  - Single Side
  - Side to Side

#### Straight Blast Cycles

- Matching Straight Blasts
- Pak Da - Pak Da Cycle
- Pak-Lop - Pak-Lop Cycle
- Biu Jee Cycle
- Pak-Boang-Taun Cycle

#### Harmonious Spring Drill

#### Chi Sao

- Arm Fencing (Matching, Opposite)
- Doan Chi Sao
- Double Doan Chi Sao
- Rolling
- Open Game

### Kali Single Arm Drill

### Tai Chi Push Hands

### Dumog Contradas

#### Wrist

- Arm
- Leg Game (Silat)

### Plum

- Switching Arms
- Knee Counters
- Shin Cycles
- Double Waist Escape
- High Tie-up Escape
- Overhook & Frame

### Pummeling

- Wrist Game
- Arm Game
- Single Arm Neck Control
- Double Arm Neck Control
- Head Control
- Pummeling
- Steering
- Shoot Counters
- Back to Guillotine Cycle
- Tie-ups

- Arm & Waist Control
- Arm & Neck Control (High Tie-up)
- Arm & Neck Control (Reverse Tie-up)
- Double Waist Control
- Rear Control

### Kick Sumbrada

- Shield & Return
- Evade & Return
- Spin-Off & Return
- Sweep & Return
- Intercept/Preempt
- High & Low
- Roda

### Ground Movement Drills

- Achilles Wars
- Egoless Positional Movement
- Pass the Guard

## Weapons

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### Abecedario Response Patterns

Block & Check Series  
Gunting Series  
Wing & Check Series  
Outside Deflection Series  
Meet & Follow  
Dos Manos Series  
Evade & Counter

### Sinawali

4 Count Series  
6 Count Series  
    Standard 6  
    Heaven 6  
    Earth 6  
    Roof 6/Redondo FH 6  
    BH Redondo 6  
    Uppercut 6  
8 Count Series  
10 Count Series  
Doce Pares Timing Sets  
    Singles (4, 6, 8, 12 Counts)  
    Singles - Open Game  
    4 Count  
    6 off the 4 Count  
    Swing-Wing  
    18 Count

### Knife Tapping

Basic LaCoste Pattern  
Trapping & Replacing Arms  
Quick Slash/Disengage  
Random Feed  
Feed Variables  
    Forward/Reverse Grip  
    Grabs & Hooking  
        Wrist  
        Neck  
        Hair  
        Leg  
        Clothing  
    Kicks  
    Live Hand Strikes  
Doble Daga  
Grounded Knife Defense

### Palisut Drill

Basic Components  
Switching Roles

### Sumbrada

Mode  
    Estocadas (Doce Pares)  
    Box Pattern  
    Top 3/Bottom 3  
    Random Feed  
Solo Olisi  
Doble Olisi  
Olisi y Daga  
    Sumbrada Patterns  
    Puñal Hubad Drill (Olisi y Daga)  
Daga a Daga Sumbrada (Slash, Parry and Thrust)  
Doble Daga Sumbrada  
Punto Sumbrada  
Puñal Sumbrada  
    FH Cycles  
    Full Pass (Palisut)  
    Half-Pass (Outside Deflect)  
    Block-Lift-Pass  
    Block-Lift-Catch  
    Hampak (Roll-Over)  
    Inside Ride (Palisut)  
    BH Cycles  
    BH High  
    BH Low  
    BH High - Low  
    BH High & Low (Simultaneous)  
    Block-Check-BH  
    Outside Ride (Palisut)  
    Check High - BH Low  
    Check Low - BH High  
    Kali Puñal Sumbrada Set (Feed #1, 3, 5, 7 Lines)  
Sibat/Dos Manos Sumbrada  
    Thrust Feed  
    Open Feed  
    Long Staff Grips  
    3<sup>rd</sup>s Grip R/L/Neutral  
    Back to Back  
Open Game

### Environmental Variables

4 Positions  
    Standing  
    Kneeling  
    Seated  
    Prone  
3<sup>rd</sup> Person  
Obstacles  
    Wall  
    Doorway  
    Stairs  
    Slope  
    Low Ceiling  
    Hallway  
    Movable Obstacles

## **Weapons Skill Variables**

Enganyo (Feinting)  
Contrada Disarma  
Dumog Contradas  
Mixed Weapons  
Trading Weapons  
Random Weapons  
    Thrown to Practitioner  
    Thrown at Practitioner  
    Thrown in the Environment  
    Hidden Weapons (Drawn Weapon)  
    Placed (in the room)  
    Mixed Weapons

## **Stick Grappling**

Locking  
Chokes  
Takedowns  
Counter-Locking  
Groundwork  
Counter-Grappling

## **Juego Todo**