

# **LEVEL 1** (minimum 3 month FCS membership required for test)

## **Solo Baston:**

- Solo Baston formal salute meaning & application
- 12 count of the 64 stick form
- 4 count right/ left & changes

## **Range Awareness**

- Largo
- Medio
- Corto
- Corto Corto

## **Footwork:**

- Open Male Triangle
- Open Female Triangle
- Closed Male Triangle
- Close Female Triangle
- Full Diamond
- Side stepping
- Replacement Stepping
- Take Off

## **Basic Striking:**

- Labtik
- Witik
- Redondo
- Abaniko
- Punyo

## **Defenses:**

- Umbrellas and the individual block names
- 4 walls and the individual block names

## **Disarms:**

- Snake inside #1
- Snake outside #2
- Vine largo #1
- Vine largo #2
- Vine corto #1
- Vine corto #2

## **Hand Switches: (with application)**

- Shoulder Switch
- Application
- Labtik/Chamber & Switch
- Application

## **Carenza using basic strikes and hand switches**

## **Blade:**

### Knife Tapping (Feeder)

- Forehand cut
- Backhand cut
- Overhead cut
- Low abdominal trust

### Knife Tapping (Receiver)

- Left Clear
- Right Clear
- High pass (# 10)
- Low pass (# 5)

## **Mano Mano:**

- Formal salute meaning & application
- 1-5 of *12 moves 2010 Mano Mano Template*

### Applications:

- #1&2 of template 1
- #3&4 of template 1
- #5 of template 1

### Hubad:

- Basic Outside
- Inside transition
- High-Low
- Low High

## **Basic Terminology:**

- Hunda = Ready
- Hinto = Stop
- Umpisa = Start
- O Po = Yes
- Hindi Po = No

### Counting

- 1 = Isa
- 2 = Dalawa
- 3 = Tatlo
- 4 = Apat
- 5 = Lima
- 6 = Anim
- 7 = Pito
- 8 = Walo
- 9 = Siyam
- 10 = Sampo

