

LEVEL 4 (Minimum 1 year FCS membership required for test)

Baston

Salutation for double stick and understanding of it

Largo Forms (1 - 4)

Stick Transition Drill w/ transition to Disarms and Takedowns

Stick Fighting Strategy Training (*Largo using Punyo Mano entries to bridge the gap to corto*)

Punyo mano entries

- Hi counter
- Low counter
- Heaven and earth
- Ying & Yang
- Percussion

Stick grappling template with applications (only standing)

Stick Transition 1 Left with Live hand application

Double Stick Carenza

Knife

Template 1 feeder & aggressive receiver

Advanced Knife Tapping

- Receiver Timing / Manual Dexterity (Live hand taps entries / empty hand timing Sequences / disarms)
- Blade Progression into Free flow (single blade / double blade / feeder-receiver / feeder-feeder)

Knife Fighting Strategy Training

- Cut / evade basic angles (w/ timing) gunting / palusut

Mano Mano

Joint locks and take downs

- Roll overs
- Pick ups
- Finger locks