

Armas-Kali: Blue Flag Requirements

SINGLE STICK / DOUBLE STICK / STICK & DAGGER Page-1

BLOCKS/INTERCEPTIONS:

Right vs Right Hand: "Kambiata / Cadena Real / Abaniko Cortro" Left vs Right Hand: "Atra-Kada-Seradda"

1. The Hit-Switch
2. The Vertical-Switch

DISARMS:

Outside

1. Outside Vine
2. Outside Strip
3. Outside Snake
4. Outside Snake with Forearm Assist

Inside

1. Horizontal Forearm Strip
2. Deep Vine

DRILLS: Must be proficient in SINGLE STICK

1. Box Sumbrada - Left Hand Template (Right vs. Left Template / Left vs. Left Template)
2. Gunting Sumbrada

SINGLE STICK / DAGGER / PALM STICK / KARAMBIT

1. Ala-Kune-Tras: Stage-1
2. Ala-Kune-Tras: Stage-2

DOUBLE STICK / DOUBLE DAGGER / STICK & DAGGER

- | | | |
|--------------------|---------------|-----------------|
| 1. Same Line Six | 3. Open Five | 5. Closed Five |
| 2. Same Line Seven | 4. Open Seven | 6. Closed Seven |

DOUBLE STICK

SINIWALLI: "Forehand Series" (Heaven, Standard, Earth versions with the exception of Scissor-6)

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|-----------------|-------------------------|
| 1. Roof Six | 4. Overhead Redondo Six |
| 2. Wing Six | 5. Scissor Six |
| 3. Umbrella Six | |

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Knife vs. Empty Hand: Single Dagger

Preset Combinations from Open Position:

PRIMARY COMBINATION -

Lateral, Downward, Thrust

ALTERNATIVE COMBINATIONS -

Lateral, Lateral, Hook

Downward, Lateral, Hook

Lateral, Low, Hook

Targets:

Circle of Five

1. Right Side CSM to Center of Throat
2. Left Side CSM to Center of Throat
3. Right Armpit
4. Left Armpit
5. Lower Abdominal Region

The Knife Matrix:

Phase-1: Tapping & Passing - *Responder Based*

Taps

1. *Primary Tap*
2. *Secondary Tap*
3. *One Hand Tracking*

Passes

1. *Low Pass*
2. *High Pass*
3. *Outside Pass*