

Armas-Kali: Brown Flag Requirements

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SINGLE STICK

DRILLS:

1. Punyo Sumbrada (*Left Hand Template*)
2. Freely moving from HLH, to Box Sumbrada, to Punyo Sumbrada, to Hubad (right hand templates)
3. Half Beats (finding them in Box Sumbrada - Rt. Template)

HUBAD:

1. Stop
2. Pass
3. Roll
4. One-Four-One
5. Double-2
6. Triple-2 Closed
7. Triple-2 Open

DISARMS:

Outside Disarms:

1. Closed Punyo Strike
2. Open Punyo Strike
3. Punyo Vine
4. Outside Snake w/ Horizontal Punyo Assist
5. Punyo Push (*Grip Under - SS / DS / EYD*)
6. Punyo Push (*Grip on Top - Single Stick Only*):
 - Wrist Reversal Strip
 - Quick Release

Inside Disarms:

1. Flying Vine

DOUBLE STICK

1. Heaven Six with single and double reverse grips
2. Half Beats
3. La Coste Eight (HL prefix before each HH, HL, LH, LL)

Inside Flying Vine Variations

- A. Standard
- B. Lateral Slash & Vine the punyo
- C. Outside Directa
- D. Inside Directa at the puny

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Knife vs. Empty Hand: Single Dagger

Targets:
Circle of Twenty

The Knife Matrix:

Phase-4: Limb & Finger Cutting - *Feeder Based*

Phase-5: Two Hand Cutting - *Feeder & Responder Based*

Phase-6: Disarms & Returns (and Counters) - *Feeder & Responder Based*

Holds:

1. Point Down Lock
2. Point Up Lock

Knife vs. Knife / Knife vs. Empty Hand: Single Dagger

DISARMS:

1. Inside Strip
2. Outside Strip
3. Wrist Reversal Strip
4. Quick Release

RETURN TO SENDER:

1. Return to Sender - HIGH
2. Return to Sender - LOW

KEEP:

1. Keep - HIGH
2. Keep - LOW

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Knife vs. Knife: **Single Dagger**

Angle #5 Series

-Matching Leads / Forward Grip vs. Forward Grip

Angle #2 Series (expose, not memorize)

-Matching Leads / Forward Grip

Knife vs. Knife: **Single Dagger & Double Dagger**

Flow Drills:

All flow drills should be done with the following blade orientations:

- Forward Grip vs. Forward Grip
- Reverse Grip vs. Reverse Grip
- Forward Grip vs. Reverse Grip
- Forward/Reverse Grip vs. Forward/Reverse Grip
- Forward/Reverse Grip vs. Forward Grip
- Forward/Reverse Grip vs. Reverse Grip

1. Col-De-Mano
2. One For One