

Armas-Kali: Yellow Flag Requirements

POSITIONS:

1. Open Position
2. Closed Position
3. Mixed Position

STRIKES:

1. Angles 1 - 12 (*Hacking & Slashing*)
2. Backhand Strike
3. Forehand Strike
4. Open Redondo
5. Closed Redondo
6. Slash
7. Hack
8. Kob Kob
9. Direct
10. Re-Direct
11. Follow

INTERCEPTING THE FORCE: (with follow-ups)

1. Meet the Force Options
 - A. Backhand the Force (*Hacking & Slashing*)
 - B. Forehand the Force (*Hacking & Slashing*)
 - C. Vertical Hack the Force
 - D. Open Redondo the Force
 - E. Closed Redondo the Force
2. Follow the Force
3. Meet & Follow (*dealing with the "Fake"*)

BLOCKS:

1. Centerline Block
2. Wing Block
3. Shield Block
4. Friale/Frilei Block
5. Roof Block
6. Inside Deflection (with Body Zoning)
7. Outside Deflection a.k.a. Double Stop

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SINGLE STICK

CYCLE DRILLS:

Exchange Cycles

1. Centerline Cycle
2. Wing Cycle
3. Shield Cycle
4. Friale/Frilei Cycle

Entry Cycles

1. Inside Deflection Cycle
2. Outside Deflection Cycle

COORDINATION & ATTACK PATTERN DRILLS:

1. High-Low-High
2. Low-High-Low
3. 5-Count "X" Drills: *Each is followed by Backhand Low & Backhand High*
 - A. Wide - X
 - B. Narrow - X
 - C. Big - V
 - D. Small - V (aka the Blitz)
 - E. Upward - X

ROOT COMBINATIONS:

1. Open Slash > Closed Redondo
2. Closed Slash > Open Redondo
3. Open Hack > Open Redondo
4. Closed Hack > Closed Redondo

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DOUBLE STICK

SINIWALLI: “Backhand Series”

1. Heaven Six
2. Standard Six
3. Earth Six

OTHER DRILLS & PATTERNS:

1. Sixteen Count (*HH x 2, HL x 2, LH x2, LL x 2*)
2. Single-Double Mix (*High-Low vs. Big-4*)
3. Heaven Six with lateral, male & female triangle footwork
4. 2-vs.1: (*Big-4 > Insert high thrust. Block with In./Out. Deflection*)
5. Full Warm Up Drill:
(*HLH x 2, LHL x 2, Sixteen Count, Heaven-12, Standard-12, Earth-12*)

FOOTWORK:

1. Stationary “Defundo” (Dee-Fune-Doe)
2. Female Triangle
3. Male Triangle
4. Lateral Step
5. Advancing & Retreating (“Avanti-ah-Truss”)
6. Forward Walk
7. Backward Walk
8. The Zipper Step
9. “Mohara” (two people circle)
10. “Tayata” (one rotates, one circles)