

What is Kali?

Kali (also known as **Escrima** or **Arnis**) is a martial art that originated in the Philippines, and draws influence from many cultures that at one time colonized the Philippines. **Kali** is generally thought of as primarily a weapon based fighting system, but can include empty handed fighting, joint locks, and grappling technique as well. Our system of **Kali** is the **Inosanto method**. The head of our style, **Guro Dan Inosanto**, spent many years studying the **Filipino Martial Arts** with various masters in many styles. Our system is somewhat of an amalgamation of various techniques, drills, and training methods that resulted from his years of research.

The most commonly used weapons in **Kali** are the **stick** and the **knife** (which is what our class will mostly focus on), but it can also include other weapons such as the sword, cane, axe, staff, spear, or any other kind of impact or edged weapon.

There are actually **12 “areas” of Kali**, which are as follows:

- 1) **Single Weapon**: Single stick, single sword, single axe, single cane.
- 2) **Double Weapon**: Double stick/sword/axe/cane
- 3) **Long and Short Weapon**: Stick and dagger, sword and dagger, sword and shield, long stick and short stick, axe and shield.
- 4) **Double Short Weapon**: double dagger, double short stick
- 5) **Single Short Weapon**: single dagger, single short stick
- 6) **Specialized Short Weapons**: double ended dagger, palm stick
- 7) **Empty Hands**: Filipino boxing (panatukan), Grappling and joint locks (dumog)
- 8) **Long Weapons**: staff, spear, oar, 2 handed long stick
- 9) **Flexible weapons**: sarong, belt, whip, chain, bandana, rope, nunchaku
- 10) **Throwing weapons**: knives, throwing stars, darts, coins/washers, rocks, spear, sand/dirt, any object
- 11) **Projectile weapons**: slingshot, bow and arrow, crossbow, blowgun, firearms
- 12) **Spiritual Training**: healing arts, meditation, dance, history and traditions



Tora Martial Arts
Kali Level 1 Curriculum - Gold Sash Requirements

Terminology:

- Our style of Kali is the **Inosanto/LaCoste** method
- Lobtik** – a strike that pulls through from one side to the other
- Witik** – a strike that hits and retracts back to the same side
- Sinawali** – “weaving pattern,” coordination drills practiced either single or double stick. Neither partner is the attacker or defender.
- Guro** – “instructor.” “Guru” is a common alternate spelling
- Punyo** – the butt or pommel of the stick
- Defanging the serpent:** to disarm your opponent’s weapon by striking their weapon hand with either an edged or impact weapon.

Footwork/basic movement:

- Basic salute (empty handed and with a weapon)
- On guard stance with single weapon
- Defensive stance empty handed
- Male triangle footwork, stationary
- Female triangle footwork, stationary
- Lead change step through forward and back

Empty-hand technique/drills:

- Basic strikes
 - Jab/cross
 - Palm strike
 - Finger jab
 - Tiger mouth
 - Long hook/slap

- Basic Defense
 - Parry
 - Single cover
 - Double cover
 - Forearm stop

- Basic Kicking
 - push kick (lead)
 - stomping front kick (rear)
 - round kick (rear)
 - side kick (lead)

Kali Level 1 Cont.

Stick technique/drills: (must be done left and right leads)

- Angles 1-7 in numbering system
- 3 basic sinawali drills with same side step:
 - Downward figure 8 (angles 1 and 2)
 - Upward figure 8 (angles 6 and 7)
 - Inward – Low backhand – High backhand
- First 3 of the 6 count family sinawali drills
 - Heaven 6 (all high)
 - Standard 6 (high – low – high)
 - Earth 6 (all low)

Knife technique/drills: (must be done left and right leads)

- 3 basic knife grips
 - sabre – standard grip with thumb on back aligned with the blade
 - hammer – closed fist grip
 - reverse(icepick) – upside down grip with blade facing out.
- Basic offensive attack combination
 - 1 – 2 – 5: (inward diagonal, backhand diagonal, thrust)
- Defanging the serpent abecedario drills against angles 1-5
 - meet the force
 - follow the force

Tora Martial Arts
Kali Level 2 Curriculum - Green Sash Requirements

Terminology:

-3 ranges of armed combat:

- Largo mano:** Long range; you can reach your opponent's weapon hand with your weapon, but cannot reach their head or body. Typically where the sinawali drills take place.
- Medio mano:** Middle range; you can reach your opponent's head and body with your weapon, and you can reach your opponent's weapon hand with your checking hand. Typically where the sumbrada drills take place.
- Corto mano:** Close range; you can reach your opponent's head and body with the punyo of your weapon, and strike with your checking hand. Typically where the hubud drills take place.

-**Abecedario:** Litterally the "ABCD's," or the "basics." Commonly referred to as similar to "batting practice." One person is the feeder and one person is the defender. Feeder will generally feed a predetermined series of angles against which the defender will practice various defenses and counters.

Footwork/basic movement:

- Linear crossover footwork
- Crossover and pivot footwork
- Stepping triangular footwork

Empty-hand technique/drills:

- Hammer fist angle 1-2 continuous combo
- Hammer/straight punch continuous combo

- Elbows 1-5
 - 1) Horizontal
 - 2) Upward Diagonal
 - 3) Downward Diagonal
 - 4) Upward Vertical
 - 5) Spike or spear

- Defending the Jab/Cross: The 4 Sectors
 - 1) Rear outside parry – lead outside parry
 - 2) Rear outside parry – rear inside parry
 - 3) Rear outside parry – rear outside parry
 - 4) Lead inside parry – lead inside parry

Kali Level 2 Cont.

Stick technique/drills: (must be done left and right leads)

- Angles 1-12 with footwork pattern

- 6 count family sinawali:
 - Heaven 6
 - Standard 6
 - Earth 6
 - Shield 6
 - Umbrella 6
 - Backhand 6
 - Backhand return 6

- Middle range defenses:
 - Inside deflection
 - Outside deflection
 - Drop-stick deflection
 - Roof block

- Single stick abecedario (angles 1-4) with 2 hit counters
 - Evade the attack
 - Block the attack
 - Meet the force
 - Follow the force

Knife technique/drills: (must be done left and right leads)

- Knife tapping drill – basic pendulum flow
- Unarmed defense against the knife: block angles 1-5

Tora Martial Arts
Kali Level 3 Curriculum - Blue Sash Requirements

Terminology:

- Redondo:** a circular strike that returns to its point of origin, usually done as a backhanded strike
- Abaniko:** a fanning strike, often thrown in multiples
- Sumbrada:** a counter for counter flow drill
- Hubud:** “tie and untie,” a flow drill that can be done with a stick/sword, dagger, or emptyhanded.
- Gunting:** a simultaneous block or parry with a limb destruction, usually knuckle strike to the bicep.

Footwork/basic movement:

- Half-spin re-grab grip switch
- Circling crossover footwork

Empty-hand technique/drills

- Elbow spear crash
 - Against the haymaker
 - Parry the jab, crash on the rear hook

- Brush traps:
 - inside brush/grab/hammerfist left and right
 - outside brush/grab/hammerfist left and right
 - outside brush/cover with elbow destruction left and right

- Gunting series:
 - 1) Gunting the jab
 - 2) Parry the jab, inside brush/gunting the cross
 - 3) Parry the jab, parry the cross with gunting

- 4 sector blocking free flow

- Hubud
 - 3 count 1 for 1
 - 3 count 5 for 5

Kali Level 3 cont.

Stick technique/drills: (must be done left and right leads)

- 3 count sumbrada
 - single stick
 - stick and dagger

- Middle range defenses:
 - Umbrella parry
 - Inside shield high and low
 - Outside shield high and low
 - Low wing

- Disarms:
 - Snake (against angle 1)
 - Wrist crank disarm (against angle 1)
 - Reverse snake (against angle 2)
 - Quick release (against angle 2)

Knife technique/drills: (must be done left and right leads)

- Middle range knife abecedario drill angles 1-5:
 - Cut and check the arm
 - Block the arm and cut the body

- Knife tapping drill variations
 - hand replacement counter to trap
 - overhead follow
 - straight thrust counters

Tora Martial Arts
Kali Level 4 Curriculum - Red Sash Requirements

Terminology:

- Cambiada:** “changing.” A block that rolls around and punches through to the other side.
- Puter kepala:** “turning the head.” A throw using head and arm control in a spiraling motion.

Empty-hand technique/drills:

-**Inside brush/grab series:** Parry the jab, inside brush/grab/hammerfist, pull the neck down for a rear knee, and finish with each of the following techniques, which will be referred to as the **CORE SET:**

- 1) Guillotine finish with shot defense to puter kapala throw
- 2) Gable grip shoulder lock
- 3) Underhook with neck control and knee to face:
 - a) Guillotine transition
 - b) Puter kapala throw, standard variation
 - c) Puter kapala throw, inside leg variation
- 4) Standing Kimura arm lock with outside leg puter kapala

-**Outside brush/grab series:** Parry the jab, outside brush/grab/hammerfist:

- 1) Figure 4 lock with transition to core set
- 2) Scoop the arm out and grab the head for a rear knee, finish with any from the core set.

-**Hook counter series:** Parry the jab, cover against the hook, wrap overtop of their punching arm:

- 1) Bent arm shoulder crank
- 2) Elbow wrench to inside leg sweep and trip
- 3) Swing through to straight arm lock
- 4) Roll over to reverse arm lock

-Hubud drills

- 2 for 2 (swinging gate) with transition
- 1-4-1
- Stop and pass 1 for 1

Kali Level 4 Cont.

Stick technique/drills: (must be done left and right leads)

- 3 count sumbrada
 - shield and wing variations (in place of dropstick) against the angle 4
- 5 count sumbrada
 - single stick
 - stick and dagger
- Punyo sumbrada angles 1,3,5
- Double stick abecedario angles 1-5
 - starting open chamber
 - starting closed chamber
- Disarms:
 - Vine (from the angle 1)
 - Reverse vine (from the cambiata and from the angle 2)
 - 2 handed pull (from the cambiata)
 - Punyo hook disarms (from the cambiata)
 - 1) on the wrist
 - 2) overtop switch

Knife technique/drills: (must be done left and right leads)

- Emptyhand defense (locks or disarms) against angles 1-5
- Knife tapping drill – free flow

Other requirements:

- Basic staff strikes and blocks (done with triangular stepping)
 - High X pattern
 - Low X pattern
 - Horizontal strike and block
 - Vertical strike and block

Tora Martial Arts

Kali Level 5 Curriculum - Black Sash Requirements

The black sash is a highly distinguished rank that many will aspire to, but only a small percentage of those who begin training will attain. A student at the black sash level should have a deep knowledge of the techniques and principles of a system, both in theory and application, and be able to apply their skills in a live combative situation. A student at the black sash level should also be knowledgeable enough to teach the techniques and principles of the system to others. Even if you have no plans to go into teaching, either as a career or a hobby, one can learn a great deal by teaching others. It is a valuable part of the learning process and will help to solidify your conceptual understanding of the system in ways that mere practice cannot.

The amount of time it takes to reach this level will vary greatly depending on several factors, including: how many days a week a student trains, either in class or at home; the level of focus and dedication with which one practices; previous martial arts training in other styles; how old a student is when they begin training; a student's natural ability and coordination. Given ideal conditions, it will likely take the average adult 4-6 years to complete the entire curriculum through to the black sash level, though some people may take more or less time depending on the above mentioned circumstances.

No matter how long it takes you, it is best not to measure your progress by comparing yourself to others, but instead by comparing your current self to your former. Though it is perfectly acceptable to be motivated by rank, do not dwell exclusively on it, or you will miss the bigger picture. Strive to better yourself, both as a person and as a martial artist, and the rank will come in time.

For the black sash level evaluation, there is not a great deal of new material to learn. Instead the focus will be on two things: your ability to execute **all previous material** with a higher degree of proficiency and understanding, and being able to smoothly transition and free flow with many of the previously learned flow drills. Candidates will also be evaluated on their proficiency at live sparring using training weapons and protective gear.

Terminology:

-**Palisut:** "to scoop," after which a knife flow drill is named

Empty-hand technique/drills:

-**Hubud Freeflow:** Be able to free flow between all previously learned hubud drills.

Kali Level 5 Cont.

-Inside brush/gunting series: Parry the jab, inside brush/gunting:

- 1) Fold to lead spear elbow, push away and finish with kick
- 2) Fold to lead spear elbow, grab head and pull to rear elbow, 2 hand neck clinch and knee
- 3) Rear spear elbow, step through and push and finish with rear stepping through kick to return to original lead
- 4) Rear spear elbow, grab neck and pull to rear knee, and finish with any from the core set.

-Outside brush/cover series: Parry the jab, outside brush/cover:

- 1) Elbow destruction, trap arm to rear elbow, hook head and pull to rear knee, finish with any from the core set.
- 2) Spiral uppercut, pull arm and grab neck and spin opponent for rear choke and takedown.

Stick technique/drills: (must be done left and right leads)

-Single stick sumbrada freeflow: be able to flow and transition between all variation of sumbrada, including 3 count, 5 count, punyo sumbrada, as well as transition into and out of the hubud drill.

-Double stick sumbrada: 3 and 5 count with shield and wing variations

-Backhand 3 count sumbrada

Knife technique/drills: (must be done left and right leads)

-Palisut drill with disarms to lead change

-Knife sumbrada

Other requirements:

-Stick and knife sparring proficiency

-Staff sumbrada:

- sword grip variation
- slip strike variation

-Gun disarms:

- 2 disarms from front
- 2 disarms from back