

Modern Arnis Training Systems (MATS)

Level one

Twelve angles of attack

- Control, pull back and follow through

Block, check and counter with

- 2-step footwork, slice striking and cut striking

Slap off-pull off drill

- All twelve angles

Techniques from slap off

- Wrist wrench and inside dive throw

Techniques from pull off

- Center lock and arm bar

Empty hand slap off flow drill

Striking styles

- Figure 8, reverse figure 8, Abanico corto, Banda y Banda and rompida

Palis –Palis

- Two-step footwork

Double stick single sinawali using modern style

- Use both sticks separately with lead leg forward

Double stick poking drill

- Basic bait and passing moves

Twelve disarms

1. Do basic disarm with slap -off or follow-up using their stick to strike the arm
2. Do #2 basic disarm
3. Do basic #3 disarm using the circle and pass to strike their arm, then to the head
4. Do fast #4 disarm to bait with check hand, then either thrust head or samurai takedown
5. Do basic with a strike to LI10 then GB20
6. Do basic (the way I do it) use the strike with their stick, then to an arm bar
7. Do basic with stick scissors move (with advanced grip to locking takedown)
8. Use palis-palis to a stick snake disarm to abanico hit
9. Use drop stick to a stick strip disarm
10. Basic #10 to a cane takedown
11. Quick strip with grabbing hand
12. Umbrella strike, to palis - palis disarm on the body.

Redonda

Level 2 - Right hand flow

Right-to- right

- Six count drill

Right hand old style techniques

Single sinawali to sweep stroke entry to rolling

Rolling low break out

Sweep stroke break out

Stick strike with rolling

Sweep stroke to high strike, then to pull off

Sweep stroke to arm bar drill

Six side tapi – tapi

- Block to stick tip grab trap punyo thrust

Six side counter- for- counter for the stick grab (the hug)

Seven side tapi-tapi

- Low bait to stick arm bar → then do pass back to seven attack
- Punyo bait → to a trap → then back to basic

Seven side tip grab trap and counter

Empty hand

The outside sencretaro

Sinawali boxing drill

- Two-step footwork

Demonstrate the moves of the sencretaro drill using sinawali boxing

Ground control moves:

- Step and backward turn, spin to the knee, step to the deltoid tendon

Level 3 ABANICO CORTO STYLE

From #1 attack:

1. To an arm bar
2. To armbar quick strip disarm
3. To a snake disarm
4. To a #4 disarm with leg destruction
5. To a snake then to a right side lock
6. To snake and #7 disarm
7. To the right hand pump handle lock
8. To body slice to pull push disarm
9. Pass over to arm bar
10. To the tie

From #2 Attack

1. To #5 disarm
2. To forearm throw
3. To wrist lock throw
4. To wrist lock disarm
5. To wrist lock to shoulder break
6. To wrist lock bait to stick lock takedown
7. To a stick trap on lung 5 to neck strike
8. To a stick armbar or the throw

Empty hand techniques

1. High, low, trap, high
2. Brush, grab, strike→ high- low-high→ to an arm bar
3. From inside high strike for ST 5→ low strike GB 26→ reverse single lock
4. Brush, grab, strike→ high-then-low→ to chicken head lock
5. Brush, grab, strike→ high- low- high→ to reverse mobility throw
6. Use left hand #1 as high low high
7. Use same move just do slap off on end
8. Do Abanico take down
9. Abanico redonda on stick

Level 4 - Modern Arnis and Pressure Points

My intent here is for the arnisador, who doesn't know about pressure points, to learn the basics and be able to apply them to the art in which they are studying.

First we must understand what a pressure point is. A pressure point is usually anywhere on the human body where there is a small branch of nerve connecting two or more nerve pathways, or where major nerves are joined together. When these areas are struck, the pain signal registers on more than one nerve pathway; therefore striking to a pressure point causes more damage with less effort. Please see and read George Dillman's books for a complete explanation on this concept.

I believe that superiority in Martial Arts techniques ultimately comes from an intimate knowledge of the human body. Thru this understanding one can capitalize on the body's weaknesses. While this knowledge empowers a person with the potential for greater violence, it also permits one to greatly reduce the level of destruction as well. By manipulating the body's weak points, it becomes possible to immobilize or restrain an attacker without causing serious or permanent injury. One's degree of skill in this knowledge directly influences one's ability to do this safely, without endangering one's self.

For this level, students need to know and understand the basics: cycle of destruction, the cycle of creation, the twelve meridians, yin and yang theory, and to be able to apply these techniques into the art.

Sinawali boxing Self- defense with pressure point work

- From same side wrist grab
- From cross hand grab
- From front choke
- Rear choke
- Lapel grab punch
- Shoulder grab

Trapping hands

- Trapping hands basic
- Trapping hands switching
- The one hand inside
- The one hand out side
- Sinawali boxing
- Hubud three count
- Hubud four count

Kick defenses

1. Defend round kick with shin strike then reverse round to SP 10
2. Defend a thigh kick with the stomp
3. Defend round kick< with an x –strike< knee SP 10 <then side kick SP 10
4. Defend round kick high< capture leg strike GB 31 < use leg push takedown< leg lock control
5. Defend round kick x strike to trip takedown with leg on arm armbar
6. Defend front kick with trip takedown
7. Defend front kick with dive throw

Level 5 - De Mano Knife Defense

Circle defense

- High, low, pass
- Low, high, pass
- Circle passing

Palis-Palis

- Low, high, from slashes and from pokes

Sparking

- Hit the arm

Disarming

- #1,#2,#3,#4

Disarming Variations

1. From slash #1 and #2 with Palis-Palis
2. From slash #1 and #2 with palis-palis
3. From a #4 attack do rolling to bicep also from #6 poke
4. From a #3 pass to #4 disarm also from #9

Return to sender

- From a #1 attack pass upward and hit HT 2 and return to sender
- Do basic #1 disarm → bend wrist to give back
- From a #2 attack palis-palis cutting the leg and then stick it in hamstring then throw
- Do like # 3 and opponent counters by stepping leg back → walk under for standing center return

Defense from thrusting

- Moving with blade pressure 6, 7, 5
- Defending from six side poke use passing to a dive throw
- Defending from a seven side poke use passing to a dive throw
- Knife from behind
- Rolling to bicep,backward throw
- Psycho stab
- Step back disarm to a side by side
- Pass to the smith disarm

5,6,7 drill

Thumb lock disarm and rolling to bicep

Level 6 – “Thanks for the stick!!”

12 angles of attack

2 step footwork

Trapping Hands vs. 12 angles

Sinawali boxing vs. 1 + 2 strikes stepping with weapon side forward

Combat disarming

1. Trapping hands to knife disarm
2. Trapping hands → #2 basic → slap off
3. Trapping hands → #3 basic disarm
4. Trapping hands → right hand snake disarm → slap off
5. Parry left hand → strike LI 5 right → hit li 10 left → switch high low strike
6. Trapping hands to an armbar → if they try and grab hand you center lock them
7. Brush grab → quick strip disarm by pulling the punyo end. (Second way to do is Aikido throw)
8. Palis-Palis → center lock → disarm like #2 finish
9. Palis-Palis → ridge hand dive throw → or fever dive throw
10. Do like #2 disarm to a mobility throw → step to deltoid tendon finish
11. Quick strip disarm → one arm compress elbow
12. Trapping hands → hit the leg → disarm on back of leg → over shoulder arm break

Flowing disarms 1-to-1

Sinawali Boxing to trapping

1. From a #1 attack → bait and trap take them to the floor
2. From a #1 attack → do #4 trap
3. From a #1 attack → #4 trap → knee press takedown
4. From a #2 attack → right side bait → center lock → Professor’s “Grab head and strike technique”
5. From a #2 attack → cross body bait → trap
6. From a #2 attack → cane single lock

Level 7 - Left Hand Basics

Defending the twelve angles

- With cut and slice blocks
- With posting

Slap off, pull off

1. All twelve angles

Twelve basic disarms with follow ups:

1. T t-block, grab opponents punyo flow movement disarm
2. Forearm disarm to Magic throw, shin to bicep
3. Snake stick disarm like right hand # 3
4. T-t block snake and elbow press for the disarm
5. Use abanico strike then disarm like #5 empty hand
6. Post block and reach under with check hand then pull push disarm
7. Like right hand #1 disarm
8. Like #4 right hand except you only use check hand to do disarm
9. Like #3
10. Post and hook under like #2 disarm right hand
11. Post block and quick strip
12. Like #2 or #5

Professor's "Pearls" left to right

- #1 From sinawali enter from a #1 using umbrella and strike
- #2 Use umbrella entry then rolling
- #3 Enter , slap off
- #4 enter then stick strike break out
- #5 enter to rolling then break out with check hand raise up and strike
- #6 enter and short trap
- #7 Umbrella to chuck technique
- #8 enter strike arm, strike leg, go under hit check hand and magic throw
- #9 blackbelt #9
- #10 enter and bait with your check hand. When they grab, you do punyo wrist wrench

Level 8 Left Hand Advanced

Tapi –tapi 1<2<5<12 drill

#1 parry backfist

#2 parry and outside bait

#3 passing

#4 cross body bait to the elbow trap

#5 do #1 basic then throw a poke when they grab hit lung 5 slam into snaking

#6 continuous #1

#7 strike arm strike leg bait with their stick when they grab abanico strike their arm then flow to #2 basic

#8 starts like 7 but kitchen sink

#9 use umbrella move hook opponent's elbow and reverse round kick

#10 drop back when opponent punches at you, you strike them with their stick then thrust when they parry you counter with punyo and slapoff

Snaking

#1 right side lock, parry uppercut pass, finish with trust

#2 walking the dog

#3 double zero parry punch

#4 parry uppercut kick

#5 from a two side strike check hand until they grab, then use a scissor disarm using tip of your stick then into the snake

posing

#1 parry check hand and abinico

#2 parry and uppercut

#3 parry with palis-palis

#4 redonda from pose #5 sword and shield

Dumog Basics Filipino Grappling Level 9

Finger lock flow drill

One finger < two finger standing center < two finger come along < two-finger center lock < reverse two finger < backward throw finish

Grab release drill

Cross hand grab pull off release < same side grab chop and pop < pump handle release with back fist < clear < elbow escape back fist < when they block it pull down to cross hand grab drill starts over

Lock flow counter drill

Center lock < counter with standing center < counter with armpit arm bar and strike < when opponent stops your strike you will do backward throw < counter backward throw with high low technique to arm bar < counter arm bar with body shock < counter body shock by stepping out to center lock drill now continues

Ground lock flow drill

Step to deltoid tendon < step back to squat to bicep < spin around to lying down arm bar < kick around < roll counter < front leg shin to bicep < armbar finis

Lock flow

From a punch do trapping hand outside < when opponent grabs you center lock < from center lock < thumb come along < backward throw < shoulder lock < spinning head throw

Advanced right hand level 10

1 < 2 < 5 < 12 drill

bait and strike drill

strike a #1 < T.T bait punyo strike their check hand < cross body bait hit check hand < poke 5 hit check hand < poke 6 hit check hand < poke 7 hit check hand < punyo 5 and trap

Palis – palis flow drill

Strike 1 T.T then strike a nine < opponent palis –palis that strike and trusts a 5 < abanico the 5 and trust a 7 and T.T < strike a 8< opponent palis-palis and punyo's high < you pass that and punyo then to rolling to a break out

Five trap lock flow

Center lock < cross body trap < uppercut trap < punyo forearm trap < stick hit trap

Flow #1

six side center to professor hit < clear < trust 7 T.T < clear over and punyo trap < punyo pump it off trust a 7 to T.T < do the under trap < break out feed six side to deep feed

Flow #2

From a six side bait strike body < reverse single lock gb20 hit < pull to a 7 side trap < pump the trap thrust a 7 < T.T then trust for a stick tip trap breakout < strike a one t-t without pulling back trust a 7 <opponent bck < you t-t do outside bait to the side by side counter move

Flow #3

Level 11 – SINGLE SINAWALI FLOW

Single to double

1. Block, check, counter
2. Right hand sweep stroke > low break out
3. Left hand sweep stroke > left hand snake > kata breakout
4. Right hand to double stop > to center lock > pump > and they punyo you and then you break out
5. Left hand to single stick stop > left hand snake > body slice > they punyo you and then back to basic
6. Right hand to single stick stop > sweep stroke > abanico corto snake > short trap
7. Left hand double stick stop > right hand pulls, left hand baits (like left hand #2) > pump handle release > strike with left > back to basic
8. Right hand double stop > right hand snake > kata breakout
9. Right hand sweep stroke > right hand high bait > opponent counters with punyo > left hand sweep stroke then back to basic
10. Left hand sweep stroke entry to a snake > bait and lock > release and uppercut t> Passover armbar to basic

Double vs Double

1. Basic poking drill
2. Bait > strike > pass
3. Bait > strike > crossada
4. Bait > strike > snake > drawl out > back to basic
5. Basic poke > then redonda > then back to basic
6. Same as five but counter redonda with strike and pass #2
7. Bait left > strike right > then middle strike
8. Bait > strike > right hand armbar > when they counter > you use your punyo like big armbar drill and break out
9. Bait > strike > snake left > body slice > hook and punyo > sweep stroke to armbar > counter and out
10. Same side snake > same side tip in to double stick

Level 12 Reverse Sinawali Boxing

Entry #1

- #1 double arm shock
- #2 lawnmower pull takedown
- #3 Multiple hits to armbar
- #4 double trap hanging armbar throw
- #5 lung 5 hit to either s5 gb20 or opposite site forearm strike to gb20
- #6 knee press takedown bladder boston crab

Entry #2

- #1 forearm throw
- #2 shoulder lock
- #3 stealing chi dive throw
- #4 the opponent counters you by pushing down you uppercut, you center lock
- #5 same but your counter is one arm standing center lock
- #6 same but one hand standing center to reverse mobility throw
- #7 same but its trapped compress elbow

Entry #3

- #1 your to attack the arm you catch then use one of the three metods
 - A. DROP TO THE FLOOR WITH THE ARMBAR
 - B. BRING IT BACK FOR CENTER LOCK
 - C. USE THE FINGERS
- #2 STRAIT TO AN ARMBAR
- #3 OVER THE SHOULDER ARM BREAK'
- #4 SAME AS #3 BUT USE AIKIDO THROW FOR FININSH
- #5 SAME AS 4 BUT ELBOW BODY THROW #6 hand in face finger locks

Level 13 Switching hands

1. Switching from single sinawali
 2. Switch from right hand to left from sweep stroke entry then back to right hand with left hand sweep stroke
 3. From single sinawali do left hand entry with left hand sweep stroke then pass back to right
 4. from six side TT right hand snake bait left hand to S5 then trap and switch
 5. From the #4 ending use #1 advanced entry then to short trap fold down your stick to right hand and switch
 6. From a 7 side TT right hand trust up and in when they grab do the rolling stick tip trap switch to left
 7. From left hand 7 trust then TT snake to punyo snake trap like #2 disarm and bait with right hand strike to S5 when they grab, abinico like walking the dog move but then double hand strike to right hand give.
 8. From end of seven pump right hand free with abinico strike then tread the needle to Passover, switch during the Passover
 9. Then back to left hand snake to walking the dog.
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- I. When someone trys to right to right snake you counter by waiting for them to try to tip up then stiffen and switch to left hand as you do grab their stick hand.
 - II. When someone is driving r-r and they side side TT you. You can switch to your left but must be very quick.
 - III. From someone doing a r-r forarm disarm to you, you can counter with a switch
 - IV. From a number eleven disarm right to right you can counter with a switch.

Defensive walking cane for Seniors

exercises

#1 rowing the boat

#2 backward rowing

#3 the pull and push sideways striking

#4 forward press

#5 figure 8

#6 reverse figure 8

#7 trusting

fighting techniques

#1 Inside forearm bump, outside forearm bump

#2 backward roll bump

#3 use pull push striking from a two handed grab

#4 use forearm bump to neck forward press

#5 use rowing to defend against a punch then figure 8 striking for finish

#6 use a row to defend the double punch then attack with reverse fig 8

#7 forearm bump and trust move

#8 parry with check hand and trust

#9 forearm bump to standing center lock

#10 cane grab to center lock

DEFENSIVE WALKING CANE#1

Samurai , low ready, Arnisador

Cane grabs

#1 inside forearm bump to trusting

#2 outside forearm bump to trust

#3 cane grab to standing center lock

#4 cane grab to center lock

#5 one handed grab to reverse single lock

#6 cane release to cane takedown

#7 pull-push from double hand grab

#8 from the samurai position opponent grabs tip of your cane

#9 from Arnisador position opponent grabs stick tip you either uppercut or abinico stike

Defenses from a punch or kicks

#1 samurai style parry hits

a parry strike inside and outside

b parrying kicks from Samurai style

C slanting style defense

#2 low ready parry hits

A outside, inside parry from double punches

B defenses for kicks, front kick , round kick, side kick

#3 Arnisador style parry hits

A Parrying with check hand and hit

B parrying with stick hand B.H.S

C parrying the three major kicks

Defensive Walking cane #1

Knife defenses

#1 from low ready parry inside and outside

#2 from low ready slashing defense

#3 from samurai style striking the knife hand

#4 from Arnisador style striking with stick

#5 from Arnisador style using check hand to set up stick strikes

#6 from Arnisador style using brush grab strike style

Defensive walking cane #2

FOREARM BUMPS

- #1 Inside forearm bump to punyo bait, slap off
- #2 inside forearm bump to punyo bait , pull off
- #3 inside forearm to punyo bait, to punyo trap
- #4 inside forearm to punyo bait, to wrist wrench
- #5 inside forearm bump, passing to outside striking back of the head
- #6 outside forearm bump, to punyo striking bait, slap off
- #7 outside forearm bump, to punyo bait, to punyo trap
- #8 outside forearm bump, to punyo bait, samurai lock
- #9 outside forearm bump, to punyo bait, to center lock
- #10 outside forearm bump, to punyo bait, to choke

Check Hand Baiting

- #1 Check hand bait to a trust
- #2 check hand bait to hitting
- #3 check hand bait to right hand lock (opponents right hand gets locked)
- #4 check hand bait with palm strike for stomach 5, stick trap
- #5 check hand backfist bait to samurai lock

Weapon to weapon

- #1 Block check counter slap off and pull off
- #2 samurai cane defense
- #3 double zero striking style
- #4 brace block disarms
- #5 left hand disarms

