

## **LEVEL 2** (minimum 6 month FCS membership required for test)

### **Solo Baston**

- 36 counts of the 64 stick form

#### **Six Count Sumbrada**

- Right hand largo
- Right hand medio
- Vine disarm doing sumbrada
- Snake disarm doing sumbrada
- Side stepping
- Close female triangle
- Close male triangle

#### **Stick Transition Drills**

- #1 Left
- #2 Left
- #1 Right
- #2 Right
- Transition to Shoulder Switch
- Transition to Chamber / Switch

#### **Punyo Mano**

- Standard Punyo Mano High Counter
- Standard Punyo Mano Low Counter

#### **Cincoteros**

- #1(Jab, 2 inside redonda, 2 outside redonda)
- #2 (Vertical Witik, horizontal abaniko, 2 inside redonda)

#### **Carenza**

### **Knife**

- *Template 1 (7 count with loop) feeder & receiver*

#### **Knife Tapping**

- Wrist Grab (Pluck Right)
- Wrist Grab (Pluck Left)
- Shoulder asst. Arm lock (arm bar right)
- Wrist Pull / Brachial Thrust (arm bar left)
- Vertical Arm lock (Vertical Hyperextension)

- Horizontal Arm lock (Horizontal Hyperextension)

- Wrist lock (superman)
- Brachial attack

### Hubad (knife vs. knife)

#### Sak Sak

- Gunting (inside/outside)
- Inside cut / pass
- Inside entry / low pass / low Hubad

- 50/50 Rule
- Entry to Disarm (inside/outside)

#### Pekal

- Gunting (inside/outside)
- Inside cut / pass
- Inside entry / low pass / low Hubad

- 50/50 Rule
- Entry to Disarm (inside/outside)

### Mano Mano

- Hunda of Mano Mano form meaning & application
- 12 moves of 2010 Mano Mano Form

### Applications of the Mano Mano Form

- #6
- #7
- #8-9
- #10
- #11
- #12

## Hubad

- Free flow with right hand
- Free flow with left hand

## Joint locks and take downs

- *Wrist lock*
- *Forearm throw*
- *Dive throw*