

LEVEL 5 (minimum 2 years FCS membership required for test)

Baston

Advanced Carenza

Transition Drill w/ Free flow Sumbrada

Stick Fighting Strategy Training

- Corto to Punyo Mano Range

Knife

Knife Fighting Strategy Training

- Footwork applications
- Entries to disarm

Knife draw and counter concepts

Knife Template 2

Espada y Daga

7 Seguidas

- Applications

Transition Drills 1 - 4

Six Count Sumbrada

Carenza with Espada Daga

Kerambit

Basic Movements

- Triangle pattern
- Circle cut (palusut)
- S-cut

Vital Targets

- Proper body placement
- Entries to Isolations (Quick Kills)
- Entries to Combination Cutting
- Trapping / Locking / Body Manipulation
- Apply all to Hubad

Kerambit Template 2

Mano Mano

Joint locks & take downs

- Lasso
- Scoop reverse
- Kick stand take down
- Free Flow

Psychology of Teaching

Begin Instructor Development Training